

Freedom from Worry

Matthew 6:25-34 NIV

Therefore I tell you, do not worry about your life...

Matthew 6:25

Reasons to reject worry...

1. It is not sensible.

Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear, is not life more important than food, and the body more important than clothes?

Matthew 6:25

2. It is not normal.

Look at the birds of the air; they do not sow or reap or store away in barns, yet your heavenly Father feeds them. Are you not more valuable than they?

Matthew 6:26

And why do you worry about clothes? See how the lilies of the field grow. They do not labor or spin. Yet I tell you that not even Solomon in all his splendor was dressed like one of these.

Matthew 6:28-29

3. It is not helpful.

Who of you by worrying can add a single hour to his life?

Matthew 6:27

4. It is not Christian.

And my God will meet all your needs according to the riches of his glory in Christ Jesus.

Philippians 4:19

If that is how God clothes the grass of the field, which is here today and tomorrow is thrown into the fire, will He not much more clothe you, O you of little faith? So do not worry, saying, "What shall we eat?" or "What shall we drink?" or "What shall we wear?" For the pagans run after all these things, and your heavenly Father knows that you need them.

Matthew 6:30-32

Keys to a worry-free life...

1. Be God-focused.

But seek first His kingdom and his righteousness, and all these things will be given to you as well.

Matthew 6:33

No one can serve two masters; for either he will hate the one and love the other, or else he will be loyal to the one and despise the other. You cannot serve God and money.

Matthew 6:24

2. Live in the present.

Therefore, do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.

Matthew 6:34

3. Attack fear with faith.

If that is how God clothes the grass of the field...will He not much more clothe you, O you of little faith?

Matthew 6:30

Philippians 4:6-7