

# **“The Truth About Worry”**

Matthew 6:25-34

MYTH: “I can control things by worrying about them.”

- ◇ The root word for “worry” means to \_\_\_\_\_ or \_\_\_\_\_.
- ◇ The Greek word literally means “a \_\_\_\_\_ mind.”

## **I. What Jesus said about worry**

1. Worry is \_\_\_\_\_.

*“Therefore I say to you, do not worry about your life, what you will eat or what you will drink; nor about your body, what you will put on. Is not life more than food and the body more than clothing?” v.25*

2. Worry is \_\_\_\_\_.

*“Look at the birds of the air, for they neither sow nor reap nor gather into barns; yet your heavenly Father feeds them. Are you not of more value than they?” v.26*

*“So why do you worry about clothing? Consider the lilies of the field, how they grow: they neither toil nor spin; and yet I say to you that even Solomon in all his glory was not arrayed like one of these.” v.28*

3. Worry is \_\_\_\_\_.

*“Which of you by worrying can add one cubit to his stature?” v.27*

4. Worry is \_\_\_\_\_.

*“Now if God so clothes the grass of the field, which today is, and tomorrow is thrown into the oven, will He not much more clothe you, O you of little faith?” v.30*

*“And my God shall supply all your need according to His riches in glory by Christ Jesus.” Philippians 4:19*

- ◇ Worry always indicates that I have a \_\_\_\_\_ of what God is like.

5. Worry is \_\_\_\_\_.

*“Don’t worry and say, ‘What will we eat?’ or ‘What will we drink?’ or ‘What will we wear?’ The people who don’t know God keep trying to get these things, and your Father in heaven knows you need them.” vs.31-32 NCV*

- ◇ My greatest worry: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

## **II. The Antidote to worry**

1. Put \_\_\_\_\_ in every area of my life.

*“Your heavenly Father already knows perfectly well what you need, and He will give them to you if you give Him first place in your life and live as He wants you to.” vs.32-33 LB*

- ◇ Ultimately, every person has to answer this question: “Who or what am I going to live for?”

2. Live \_\_\_\_\_ at a time.

*“Therefore do not worry about tomorrow, for tomorrow will worry about its own things. Sufficient for the day is its own trouble.” v.34*

3. Trust God to care for things \_\_\_\_\_.

*“Don’t worry about anything; instead, pray about everything; tell God your needs...If you do this, you will experience God’s peace, which is far more wonderful than the human mind can understand.” Philippians 4:6-7 LB*

*“Since God didn’t spare even His own Son for us but gave Him up for us, won’t He surely give us everything else?” Romans 8:32 LB*