



“Do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more than food, and the body more than clothes? Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father

feeds them. Are you not much more valuable than they? Can any one of you by worrying add a single hour to your life? “And why do you worry about clothes? See how the flowers 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. 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—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. But seek first his kingdom and his righteousness, and all these things will be given to you as well. Therefore do not worry about tomorrow, for tomorrow will worry about itself. **Matthew 6:25-34 NIV**

What Does Jesus Say About Worry?

Jesus Says _____ To _____ ...

“Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. **Matthew 6:25**

Do not be anxious about anything... **Philippians 4:6**

Jesus Says _____ Doesn't _____

“Who of you by worrying can add a single hour to his life?” **Matthew 6:27**

“An anxious heart weighs a man down, but a kind word cheers him up.” **Proverbs 12:25**

Jesus Says Worry _____ Our _____ On The _____.

“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 6:31-32 NIV**

Jesus Helps Me Find Stability When...

I Trust That God _____ For _____.

Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they? **Matthew 6:26**

“Cast all your anxiety on him because he cares for you.” **1 Peter 5:7**

I Put _____.

But seek first his kingdom and his righteousness, and all these things will be given to you as well. **Matthew 6:33**

“Blessed is the one who trusts in the Lord, whose confidence is in him. They will be like a tree planted by the water that sends out its roots by the stream. It does not fear when heat comes; its leaves are always green. It has no worries in a year of drought and never fails to bear fruit.” **Jeremiah 17:7-8**

I _____ Worry As _____.

Everyone who sins breaks God's law, because sin is the same as breaking God's law. **1 John 3:4**

“Whoever conceals their sins does not prosper, but the one who confesses and renounces them finds mercy.” **Proverbs 28:13**

“Repent, then, and turn to God, so that your sins may be wiped out, that times of refreshing may come from the Lord,” **Acts 3:19**

I _____.

“Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.” **Philippians 4:6-7**

“For it is all for your sake, so that as grace extends to more and more people it may increase thanksgiving, to the glory of God. So we do not lose heart. Though our outer self is wasting away, our inner self is being renewed day by day.” **2 Corinthians 4:15-16**

I _____ My Way Of _____.

Take captive every thought to make it obedient to Christ. **2 Corinthians 10:5**

Do not conform to the pattern of this world, but be transformed by the renewing of your mind. **Romans 12:2**