

Sermon Series:
Today's Message:
May 21, 2017

RED
No Worries
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Matthew 6:25-34 (NIV)

25 "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 than food, and the body more than clothes? **26** 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? **27** Can any one of you by worrying add a single hour to your life? **28** And why do you worry about clothes? See how the flowers of the field grow. They do not labor or spin. **29** Yet I tell you that not even Solomon in all his splendor was dressed like one of these. **30** 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? **31** So do not worry, saying, 'What shall we eat?' or 'What shall we drink?' or 'What shall we wear?' **32** For the pagans run after all these things, and your heavenly Father knows that you need them. **33** But seek first his kingdom and his righteousness, and all these things will be given to you as well. **34** Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own."

Worry- to choke, strangle; to torment oneself with disturbing thoughts; to give way to anxiety

Worrying is an EXHAUSTING, completely UNPRODUCTIVE exercise.

Worry Demonstrates Our:

1. DESIRE for CONTROL
2. LACK of FAITH

Worry indicates we may doubt the SOVEREIGNTY and GOODNESS of God in certain areas of our lives.

Center your attention not on your CIRCUMSTANCES, but on CHRIST who has POWER and CONTROL over your CIRCUMSTANCES.

Steps to Attack Worry:

1. IDENTIFY your WORRIES, and ask if they are due to LACK of FAITH.
2 Corinthians 10:5, 2 Timothy 1:7
2. PRAY regularly thereby SUBMITTING your worries to God.
Philippians 4:6-7, 1 Peter 5:7
3. REDIRECT your thought patterns. SEEK First HIS kingdom.
Proverbs 3:5-6, Romans 12:2