



**You Can Win Over Worry
A Study of Matthew 6:25-34**

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 important than food, and the body more important 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 Who of you by worrying can add a single hour to his life?

²⁸ And why do you worry about clothes? See how the lilies 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, O 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.

Jesus shows us five ways we can win over worry:

First, "Don't worry, be _____."

*If God takes care of birds and flowers,
he'll take care of you.
(verses 25-26 and 28-30)*

Second, "Don't worry, be _____."

*Worry doesn't work.
(verse 27)*

Third, “Don’t worry, be _____.”

*Stick to one day at a time.
(verse 34)*

Fourth, “Don’t worry, be _____.”

*Your Father knows what you need.
(verses 31-32)*

Fifth, “Don’t worry, be _____.”

*Get your mind on completing
your life’s mission.
(verse 33)*