

WORRY

Matthew 6:25-35

Matthew 6:25-26

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?”

Matthew 6:27-30

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?”

Matthew 6:31-34

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.

Do Not Worry

- “Therefore I tell you, **do not worry about your life**, what you will eat or drink; or about your body, what you will wear.” (5:25)
- So **do not worry**, saying, ‘What shall we eat?’ or ‘What shall we drink?’ or ‘What shall we wear?’ (5:31)
- Therefore **do not worry about tomorrow**, for tomorrow will worry about itself. Each day has enough trouble of its own. (5:34)

He Values You



Are you not much more valuable than they? (26)

So God **created man in his own image**, in the image of God he created him; male and female he created them. (Gen 1:27)

¹⁶ “For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life. (Jn 3:16)

He Cares for You



...will he not much more clothe you, O you of little faith? (30)

Cast your cares on the LORD and he will sustain you; he will never let the righteous fall. (Psa 55:22)

He who did not spare his own Son, but gave him up for us all—how will he not also, along with him, graciously give us all things? (Rom 8:32)

He Makes the Difference

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. (Mat 6:31-33)

He Makes the Difference

Remember God's Faithfulness.

Remember God's Promises.

Guard your heart (your thoughts).