

Scripture: Matthew 6:25-34
Date: October 28, 2007

HOW TO WIN OVER WORRY

Eccles. 11:10 So then, banish anxiety from your heart and cast off the troubles of your body...

Five Steps for handling worry in my life... (Matt 6:25-34)

1. **T** _____ yourself not to worry!
Matthew 6:25 "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?"

Luke 21:34 (CEV) Don't spend all of your time thinking about eating or drinking or worrying about life.

2. **R** _____ God's concern for you!
Matthew 6:26 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?

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

3. **U** _____ how useless worrying is!
Matthew 6:27 Who of you by worrying can add a single hour to his life?

Proverbs 12:25 Anxiety in the heart of a man weighs it down...

Matthew 13:22 The one who received the seed that fell among the thorns is the man who hears the word, but the worries of this life and the deceitfulness of wealth choke it, making it unfruitful.

4. **S** _____ on God's provision!
Matthew 6:28-30 "And why do you worry about clothes? See how the lilies 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, O you of little faith?"

Psalms 23:1 "The Lord is my shepherd I shall not want!"

Philippians 4:6 Don't worry about anything...

Philippians 4:19 My God will meet all your needs according to his glorious riches in Christ Jesus.

5. **T** _____ one day at a time!
Matthew 6:34 Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.

James 4:13-15 You should know better than to say, "Today or tomorrow we will go to the city. We will do business there for a year and make a lot of money!" What do you know about tomorrow? How can you be so sure about your life? It is nothing more than mist that appears for only a little while before it disappears. You should say, "If the Lord lets us live, we will do these things."