



## When you worry, you need to:

### 1. \_\_\_\_\_ your perspective. v. 25

<sup>25</sup> 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?

When we worry, we need to remind ourselves:

- "It doesn't \_\_\_\_\_."
- "I don't \_\_\_\_\_."
- "We'll be \_\_\_\_\_."

### 2. \_\_\_\_\_ your Provider. vv. 26-30

<sup>26</sup> 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? <sup>27</sup> Who of you by worrying can add a single hour to his life? <sup>28</sup> And why do you worry about clothes? See how the lilies of the field grow. They do not labor or

spin. <sup>29</sup> Yet I tell you that not even Solomon in all his splendor was dressed like one of these. <sup>30</sup> 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?

### 3. \_\_\_\_\_ from your worry. vv. 31-32

<sup>31</sup> So do not worry, saying, "What shall we eat?" or "What shall we drink?" or "What shall we wear?" <sup>32</sup> For the pagans run after all these things, and your heavenly Father knows that you need them.

- Worry is a \_\_\_\_\_ and it can be a form of \_\_\_\_\_.

### 4. \_\_\_\_\_ your purpose. vv. 33-34

<sup>33</sup> But seek first his kingdom and his righteousness, and all these things will be given to you as well. <sup>34</sup> Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.

#### Next Steps for August 7:

- ☐ Memorize Matthew 6:33.
- ☐ Read the "Sermon on the Mount" found in Matthew 5-7.
- ☐ Worry "strangles" our faith. Confess and repent of your worries.
- ☐ Ask God to transform a specific worry into an opportunity to trust Him more.