

Don't Worry

The Lord is my **light** and my **salvation**— so why should I be afraid? The Lord is my **fortress**, protecting me from danger, so why should I tremble? **Psalms 27:1 (NLT)**

*“Therefore I tell you, **do not worry about your life...**”*
Matthew 6:25-34 (NIV)

Worry Is a Useless Emotion That Won't Fix Tomorrow and Ruins Today.

Five Reasons Jesus Tells Us Not to Worry

1. Worry Is Unreasonable

*“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?”* **(vs. 25)**

2. Worry Is Unnatural

*“**Look at the birds of the air**; they do not sow or reap or store away in barns, yet your heavenly Father feeds them. Are you not more valuable than they?”* **(vs. 26)**

*“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.”* **(vs. 28-29)**

3. Worry Is Unhelpful

*“Who of you **by worrying** can add a single hour to his life?”* **(vs. 27)**

4. Worry Is Unnecessary

*“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?”* **(vs. 30)**

5. Worry Is Unchristian

*“So do not worry, saying, ‘What shall we eat?’ or ‘What shall we drink?’ or ‘What shall we wear?’ For **the pagans run after all these things**, and your heavenly Father knows that you need them.” (vs. 31-32)*

Jesus Shows Us How to Break the Worry Habit

1. Put God First in Every Area of Your Life

*“**But seek first His kingdom and His righteousness**, and all these things will be given to you as well.” (vs. 33)*

2. Live Just One Day at a Time

*“Therefore, **do not worry about tomorrow**, for tomorrow will worry about itself. Each day has enough trouble of its own.” (vs. 34)*

3. Trust God to Care for Those Things Beyond Your Control

*“**...your heavenly Father knows that you need them.**” (vs. 32)*

*And **my God will meet all your needs** according to the riches of his glory in Christ Jesus. **Philippians 4:19 (NIV)***

*Humble yourselves, therefore, under God’s mighty hand, that he may lift you up in due time. **Cast all your anxiety on him because he cares for you.** 1 Peter 5:6-7 (NIV)*

*Rejoice in the Lord always. I will say it again: Rejoice! Let your gentleness be evident to all. The Lord is near. **Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.** Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things.*

*Whatever you have learned or received or heard from me, or seen in me—put it into practice. And the God of peace will be with you. **Philippians 4:4-9 (NIV)***

*The Lord is my light and my salvation— so why should I be afraid? The Lord is my fortress, protecting me from danger, so why should I tremble? **Psalms 27:1 (NLT)***