



EPISODE 7

WORRY IS KILLING ME

Matthew 6:25-34

"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? 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? Who of you by worrying can add a single hour to his life?"

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

1. Admit Worry is Wrong

(Jesus) "I tell you, do not worry about your life" (6:25)

- Worry is Unnatural
"Look at the birds...your heavenly Father feeds them." (6:26)
- Worry is Unhealthy
"An anxious heart weighs a man down" (Prov. 12:25)
- Worry is Unproductive
"Can all your worries add a single moment to your life? Of course not" (6:27 NLT)

2. Choose My Wrong In Advance

"What I feared has come upon me; what I dreaded has happened...I have no peace... only turmoil" (Job 3:25,26)

"This is the day the LORD has made. We will rejoice and be glad in it." (Psalm 118:24)

3. Interrupt The Wrong In My Head

"we take **captive every thought** to make it obedient to Christ." (2 Cor 10:5)

Displace Distress With Prayer & Thankfulness

"**Don't worry** about anything; instead, pray about everything. Tell God what you need and **thank him** for all he has done" (Phil. 4:6 NLT)

Displace Problems With God's Promises

"Fix your thoughts on what is true and honorable and right...pure and lovely and admirable...excellent and worthy of praise. If you do this, you will experience God's peace" (Phil. 4:8,7 NLT)

God knows

"Your heavenly Father already knows all your needs" (6:32 NLT)

God Cares

"won't (God) more surely care for you?" (6:30 NLT)

God Will Take Care

"God will **give you all you need**" (6:33 NLT)

"Give all your worries and cares to God, for he cares about what happens to you" (1 Peter 5:7 NLT)

4. Face Worries Wrong

"God will give you all you need **from day to day**... So don't worry about tomorrow... Today's trouble is **enough for today**." (6:33,34 NLT)

5. Overpower Fear With Wrong

"You have **so little faith!** So don't worry... God will give you all you need from day to day **if you live for him** and make the **Kingdom of God your primary concern**." (6:30-33 NLT)

"You (Lord) will keep in perfect peace all who trust in you, whose **thoughts are fixed on you!**" (Isaiah 26:3 NLT)