

Are You a Worry Wart? Matthew 6:25-34

Three reasons why we should not worry.

#1 Worry is _____ because of who our _____ is

vs25-26

Psalm 119:68

"you are good and what you do is good"

Lamentations 3:21-26

"Life is hard, But God is Good"

Matthew 6:26

#2 Worry is _____ because it will _____ anything _____.

Matthew 6:27

Luke 12:25-26

Luke 8:14

Why does worry choke out the effect of God's word?

Because everything about the Christian life involves Faith.

Galatians 3:11, Hebrews 11:6 Romans 14:23, II Cor. 5:7

#3 Worry reveals you possess "_____"

Matthew 6:30 NIV, Matthew 14:31

"Worry is distrust of the power, love and Faithfulness of God"

What should we do when we become anxious and worried?

Two things

#1 We need to _____ our focus

Matthew 6:33 - Hebrews 12:2 Psalms 46: 1,10

#2 We need to take the _____ to _____ in _____.

Philippians 4:6-7

Corrie Ten Boom - Look around and be distressed

Look inside and be depressed

Look at Jesus and be at rest.