

# You Can Win Over Worry

## A Study of Matthew 6:25-34

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<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? <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? <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. <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.

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Jesus shows us five ways we can win over worry:

**First, “Don’t worry, be \_\_\_\_\_.”**

*If God takes care of birds and flowers,  
he’ll take care of you.  
(verses 25-26 and 28-30)*

**Second, “Don’t worry, be \_\_\_\_\_.”**

*Worry doesn’t work.  
(verse 27)*

**Third, “Don’t worry, be \_\_\_\_\_.”**

*Stick to one day at a time.  
(verse 34)*

**Fourth “Don’t worry, be \_\_\_\_\_.”**

*Your Father knows what you need.  
(verses 31-32)*

**Fifth, “Don’t worry, be \_\_\_\_\_.”**

*Get your mind on completing  
your life’s mission.  
(verse 33)*