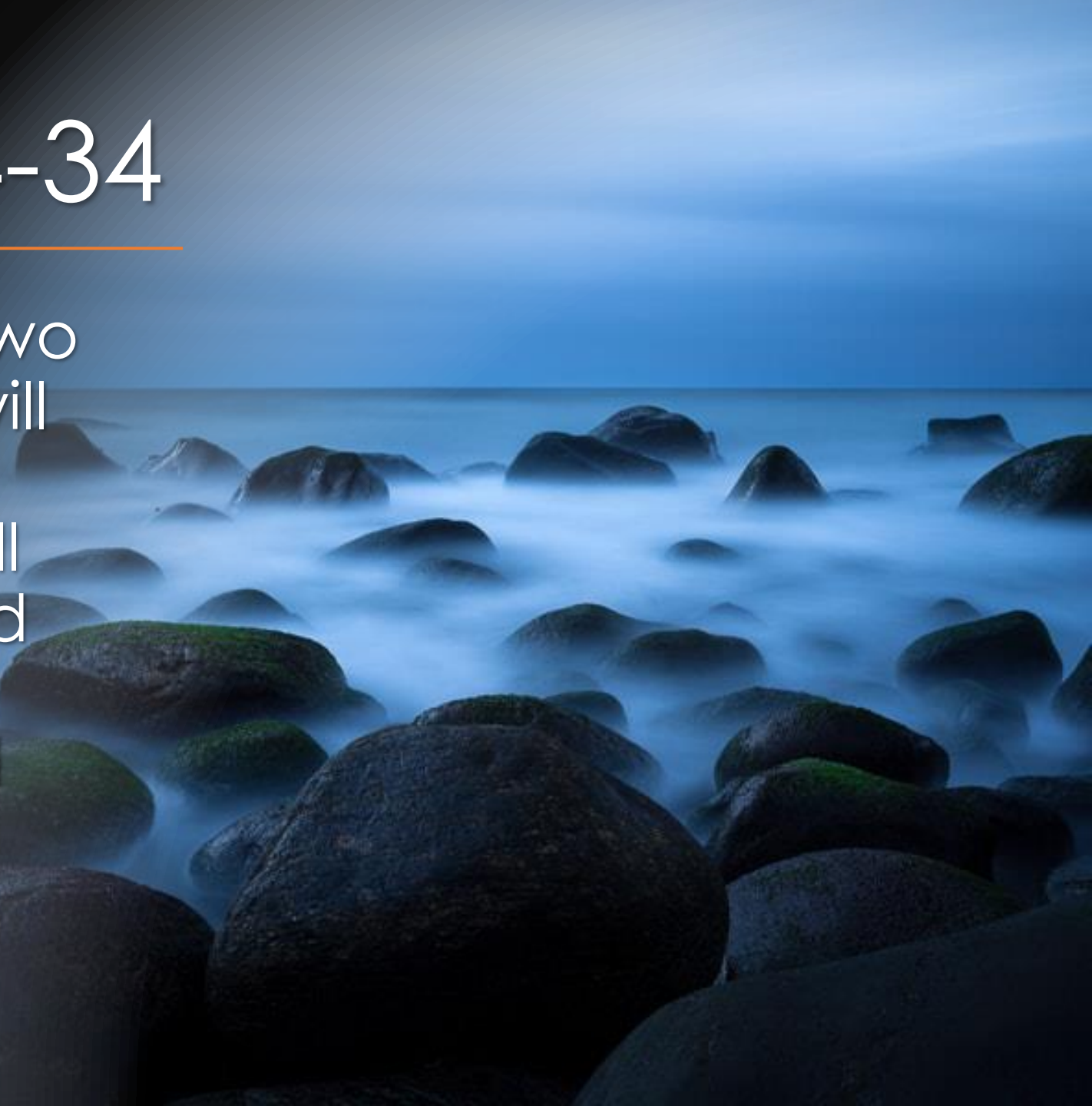


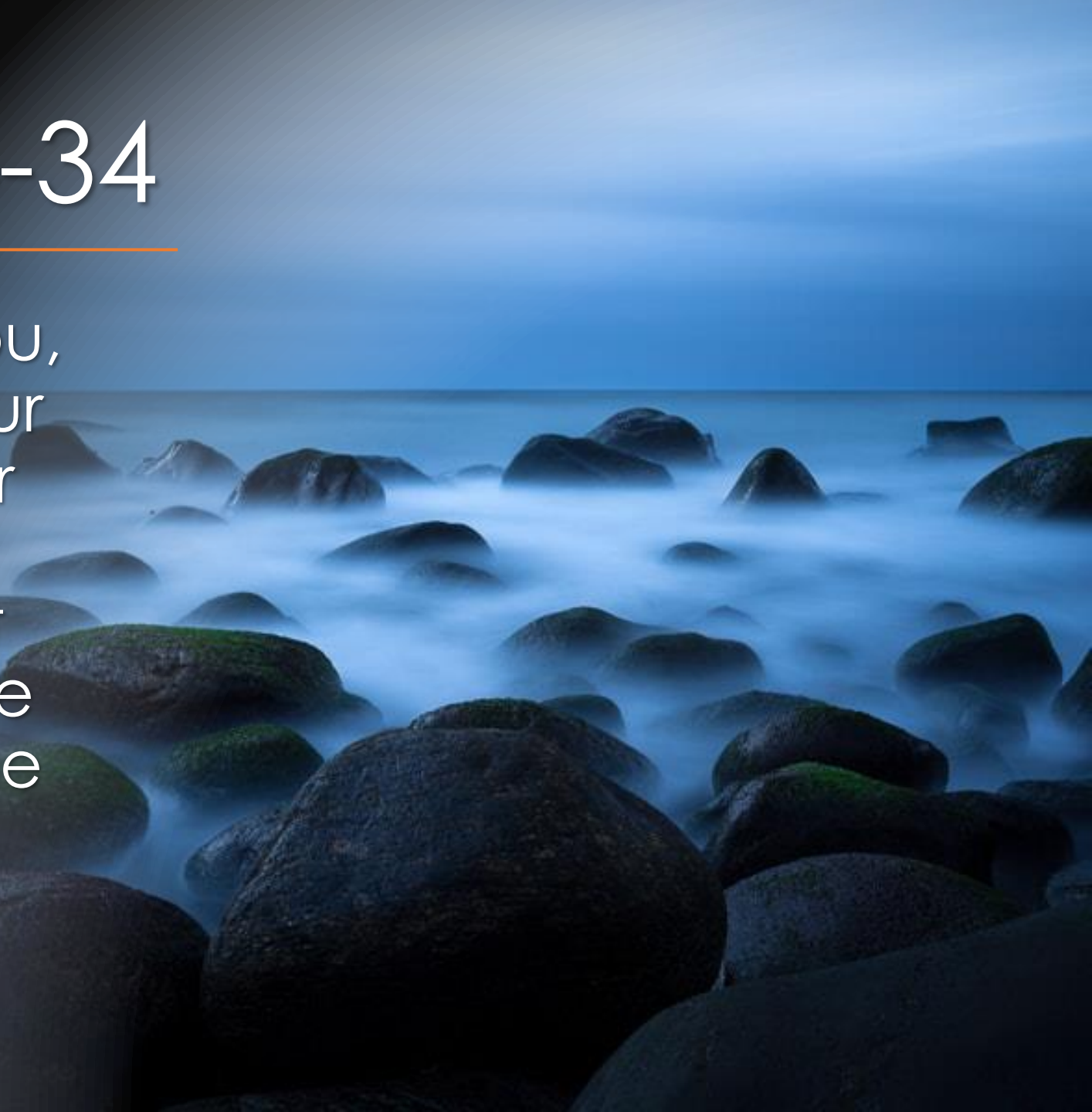
Matthew 6:24-34

24 “No one can serve two masters; for either he will hate the one and love the other, or else he will be loyal to the one and despise the other. You cannot serve God and mammon.



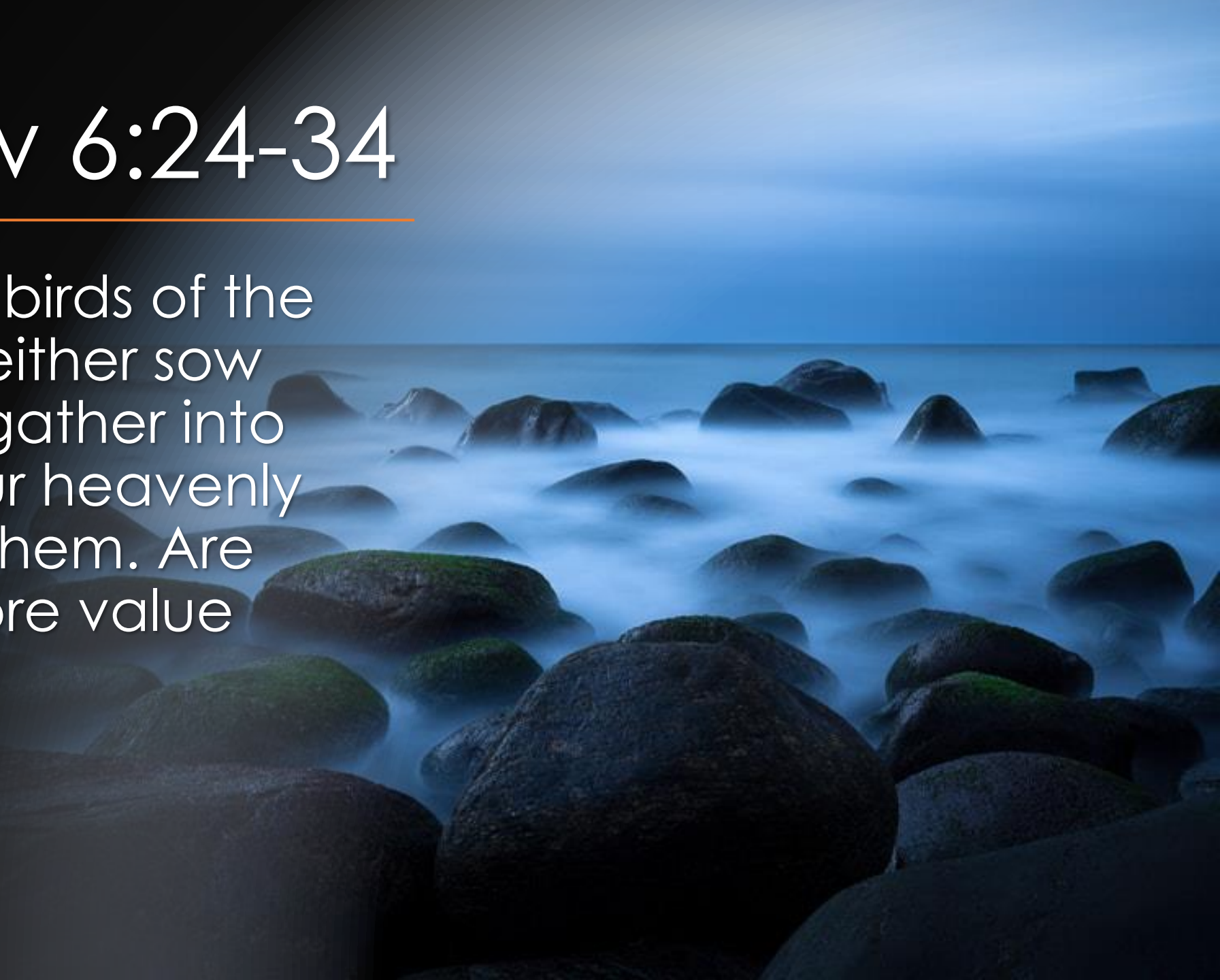
Matthew 6:24-34

²⁵ “Therefore I say to you, do not **worry** about your life, what you will eat or what you will drink; nor about your body, what you will put on. Is not life more than food and the body more than clothing?”



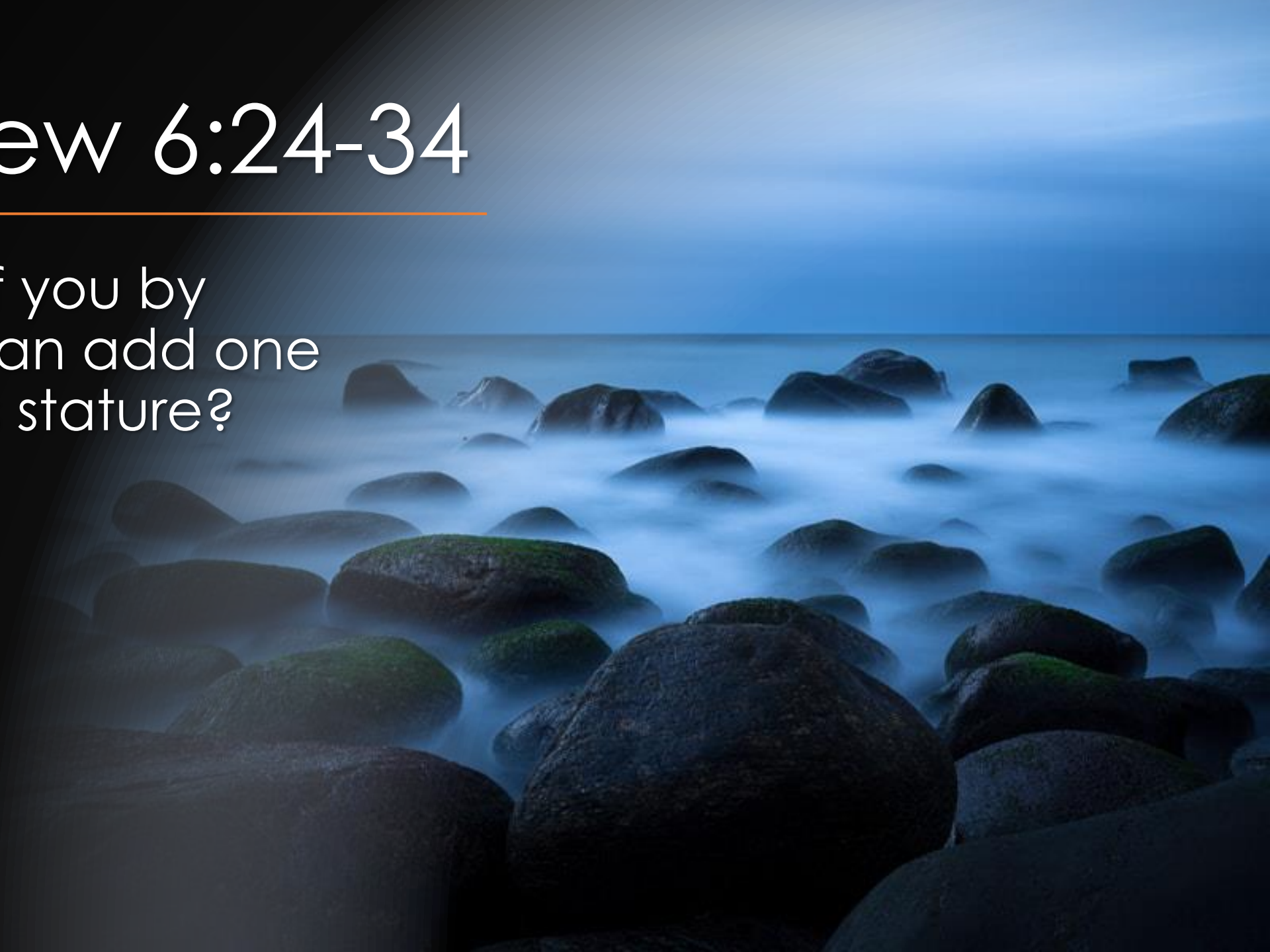
Matthew 6:24-34

²⁶ Look at the birds of the air, for they neither sow nor reap nor gather into barns; yet your heavenly Father feeds them. Are you not of more value than they?



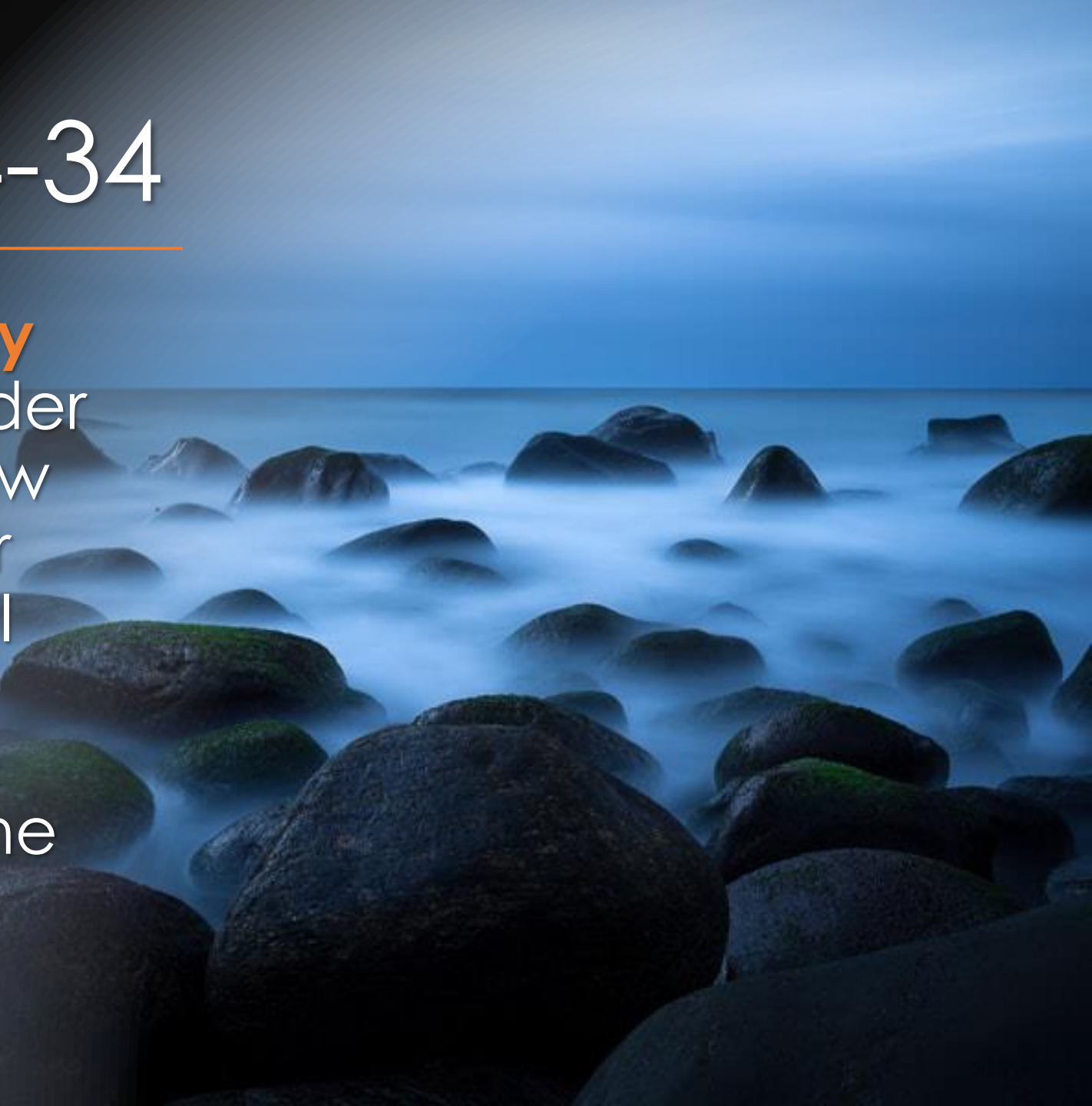
Matthew 6:24-34

²⁷ Which of you by **worrying** can add one cubit to his stature?



Matthew 6:24-34

28 “So why do you **worry** about clothing? Consider the lilies of the field, how they grow: they neither toil nor spin; 29 and yet I say to you that even Solomon in all his glory was not arrayed like one of these.



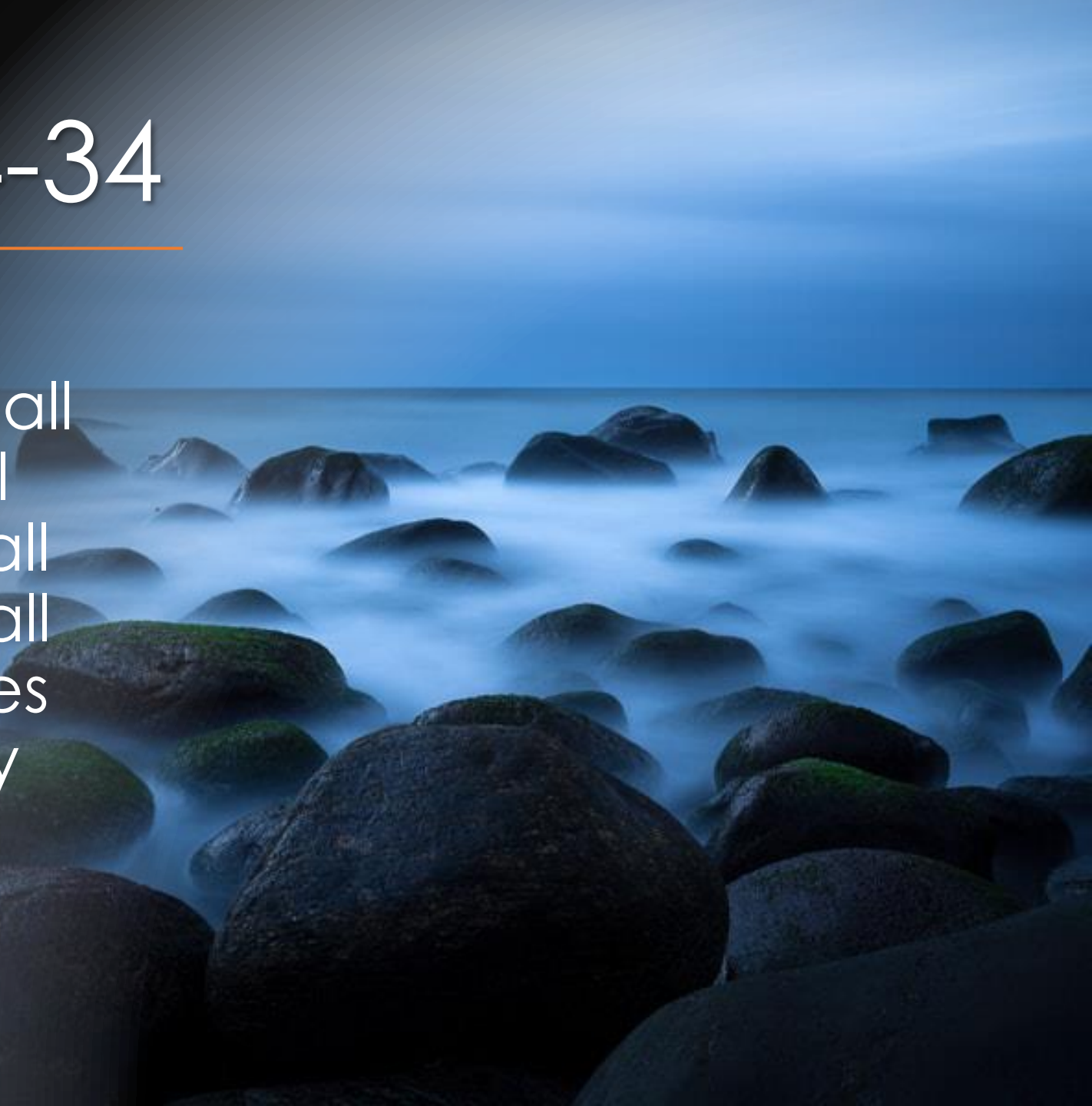
Matthew 6:24-34

³⁰ Now if God so clothes the grass of the field, which today is, and tomorrow is thrown into the oven, will He not much more clothe you, O you of little faith?



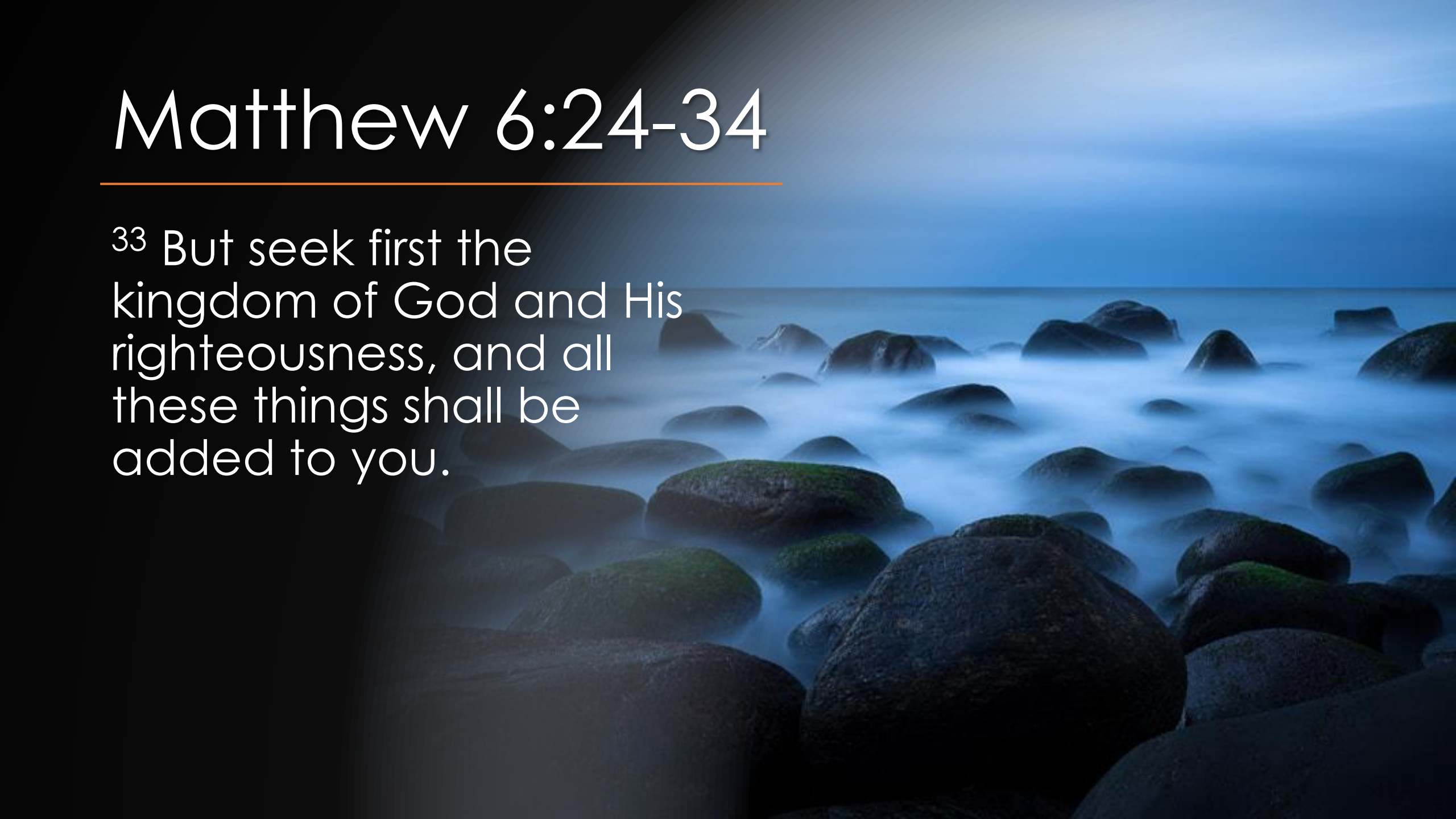
Matthew 6:24-34

³¹ “Therefore **do not worry**, saying, ‘What shall we eat?’ or ‘What shall we drink?’ or ‘What shall we wear?’ ³² For after all these things the Gentiles seek. For your heavenly Father knows that you need all these things.



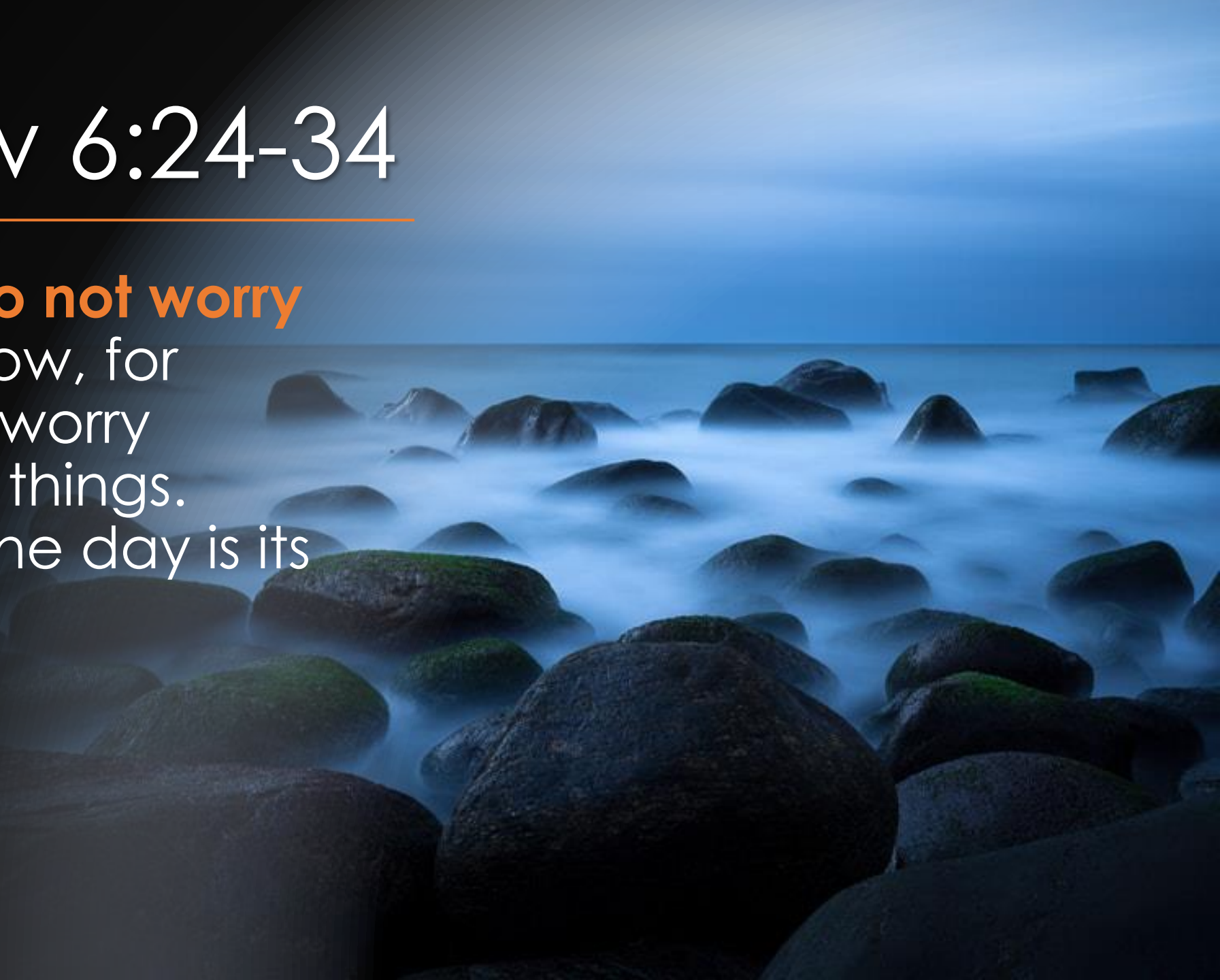
Matthew 6:24-34

³³ But seek first the kingdom of God and His righteousness, and all these things shall be added to you.



Matthew 6:24-34

³⁴ Therefore **do not worry** about tomorrow, for tomorrow will worry about its own things. Sufficient for the day is its own trouble.



Worry

- The amount of devotion to the subject of “**worry**” or “**anxiety**” in the Bible reveals its prominence as a problem of life...
- ...and a weapon that Satan uses against us



Worry: /'wərē/

- μεριμνάω merimnaō
- BDAG:
 - to be apprehensive, have **anxiety**, be anxious, be (unduly) concerned



Worry: /'wærē/

- μεριμνάω merimnaō
- Vincent's Word Studies:
 - ...derived from meris, a part; merizoō, to divide; and was explained accordingly as a dividing care, distracting the heart from the true object of life



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Worry: /'wərē/

- μεριμνάω merimnaō
- Worry or anxiety causes us to be divided in heart or “Double-minded”
(Jas.4:8) (Lk.10:41)





Worry

- Do you find yourself worrying or anxious about something almost every day?



Worry

- Worrying can practically paralyze us in significant areas of our life
- We become obsessed with our “concern”



Worry

- “Anxiety in the heart of man causes depression, But a good word makes it glad”
 - (Prov.12:25)

Worry Can Be Controlled

Philippians 4:4-8

⁴ Rejoice in the Lord always. Again I will say, rejoice!

⁵ Let your gentleness be known to all men. The Lord is at hand.



Worry Can Be Controlled

Philippians 4:4-8

⁶ **Be anxious for nothing**, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God;



Worry Can Be Controlled

Philippians 4:4-8

⁷ and the peace of God,
which surpasses all
understanding, will guard
your hearts and minds
through Christ Jesus.



Worry Can Be Controlled

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Worry Can Be Controlled

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⁸ Finally, brethren, whatever things are true, whatever things are noble, whatever things are just, whatever things are pure, whatever things are lovely, whatever things are of good report, if there is any virtue and if there is anything praiseworthy—meditate on these things.



Worry Can Be Controlled

Philippians 4:4-8

⁸ Finally, brethren, whatever things are true, whatever things are noble, whatever things are just, whatever things are pure, whatever things are lovely, whatever things are of good report, if there is any virtue and if there is anything praiseworthy—**meditate on these things.**



A close-up photograph of a hand holding a white prescription slip. The slip has a large 'Rx' symbol in the top left corner and the words 'MEDICAL CENTER' printed in the top right corner. The background is a blurred blue and white, suggesting a clinical or office setting.

Prescription For A Worry-Free Life

Matthew 6:24-34



Prescription For A Worry-Free Life

- **Get your priorities straight**
 - What comes first in your life?
(v.24)
 - Life is more than food and clothing (temporal things) (v.25)
 - Concern over “this world” will choke out spiritual life
(Matt.13:22)



Prescription For A Worry-Free Life

- **Trust in the providence of God**
 - God will take care of you (v.30)
 - God is the giver of life and every good gift (Ac.17:25)
 - See His providential care for His creation (Matt.6:26-29)
(1Pet.5:7)



Prescription For A Worry-Free Life

- **Don't worry about what you can't change**
 - Leave those things in God's hands (v.27)



Prescription For A Worry-Free Life

- **Seek first the kingdom of God**
 - Eternal before temporal (v.33)
(Lk.10:41-42) (Rom.14:17)



Prescription For A Worry-Free Life

- **Live one day at a time**
 - While it is called today... (v.34)
(Jas.4:14)
 - *“Worry is interest paid on trouble that hasn’t come due”*

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Prescription For A Worry-Free Life

Matthew 6:24-34