

## TRUTH ABOUT WORRY

### JESUS GIVES US REASONS WE ARE NOT TO WORRY.

Be anxious for nothing. Philippians 4:6

**1. Worry is unreasonable.**

Matthew 6:25

**2. Worry is unnatural.**

Matthew 6:26, 28, 29

<sup>25</sup> Anxiety in the heart of man causes depression, But a good word makes it glad.  
Proverbs 12:25  
A heart at peace gives life to the body. Proverbs 14:30

<sup>32</sup> For after all these things the Gentiles seek. For your heavenly Father knows that you need all these things. Matthew 6:32

**3. Worry is unhelpful.**

<sup>27</sup> Which of you by worrying can add one cubit to his stature? Matthew 6:27

**4. Worrying is unnecessary.**

<sup>30</sup> 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 6:30  
My God shall supply all your needs in Christ Jesus. Philippians 4:19

**5. Worry is unchristian.**

## HOW TO OVERCOME WORRY.

- **Put God first in every area of your life.** Matthew 6:32, 33

- **Live just one day at a time.**

<sup>34</sup> Therefore do not worry about tomorrow, for tomorrow will worry about its own things. Sufficient for the day is its own trouble. Matthew 6:34

- **Trust God to care for things beyond your control.**

<sup>30</sup> 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 6:30

Don't worry about anything, instead pray about everything. Tell God what you need, and thank Him for all he has done. If you do this, you will experience God's peace, which is far more wonderful than the human mind can understand. His peace will guard your hearts and minds as you live in Christ Jesus.

Philippians. 4:6 - 7