

# Easier Said Than Done

*Matthew 6:25-34*

1. Worry is rampant (v.25)
2. Worry accomplishes little (v.26-29)
3. Worry reveals our hearts (v.30-33)
4. Worry robs us of today (v.34)

## For Further Study and Reflection

- *The Anxious Generation* by Jonathan Haidt
- *The Worry-Free Parent* by Sissy Goff
- *Generation Z Unfiltered* by Tim Elmore & Andrew McPeak