**Quitting the Worry Habit**

 **Part 6 – What Jesus Taught About Worrying**

September 7, 2025

Points of Truth About Worrying- Matthew 6:25-34

**1. Jesus** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **us to stop worrying.**

Matt. 6:25a Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. NIV

**2. Your life is about** \_\_\_\_\_\_\_\_\_ **than just acquiring material things.**

Matt 6:25b Is not life more than food, and the body more than clothes?

**3. Worrying is a worthless** \_\_\_\_\_\_\_\_\_\_\_\_\_ **of your life.**

Matt 6:26 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? NIV

Recognize your value to God and stop worrying. (Rom 8:31b-32)

Matt 6:27 Can any one of you by worrying add a single hour to your life?

**4. When I lose sight of my** \_\_\_\_\_\_\_\_\_\_\_\_\_\_ **nature the result is to worry.**

Matt. 6:28-30 And why do you worry about clothes? See how the flowers of the field grow. They do not labor or spin. Yet I tell you that not even Solomon in all his splendor was dressed like one of these. 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—you of little faith?

**5. Because God** \_\_\_\_\_\_\_\_\_\_\_\_ **about your needs, you don’t have to stress-out over them.**

Matt 6:31,32 So do not worry, saying, ‘What shall we eat?’ or ‘What shall we drink?’ or ‘What shall we wear?’ For the pagans run after all these things, and your heavenly Father knows that you need them. NIV

**6. The ability to stop worrying is found in our** \_\_\_\_\_\_\_\_\_\_\_\_\_**.**

Matt 6:33 But seek first his kingdom and his righteousness, and all these things will be given to you as well. NIV

* Put God first, and everything else will be taken care of.

Matt 6:32 For the pagans [unbelievers] RUN after all these things… NIV

run after - (epizeteo) to seek, crave, search and want.

seek – (zeteo) it comes from the same word group as (epizeteo) and means the same thing.

 **Four Areas in Which to “Put God First”**

**A. To stop worrying, I must put God first in my** \_\_\_\_\_\_\_\_\_\_\_\_**.**

**B. To stop worrying, I must put God first in my**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**.**

Parent and child relationships. Eph 6:1-4 (NIV2011)

Marriage relationship. Eph 5:33 (NLT)

Employer/employee relationship: Col3:23 (NLT)

Dating relationships: 2 Cor 6:14 (MSG)

Relationships at church. 1 Pet 2:17 (NLT)

**C. To stop worrying, I must put God first in my** \_\_\_\_\_\_\_\_\_\_\_\_**.**

Matt.6:24,25a No one can serve two masters. Either you will hate the one and love the other, or you will be devoted to the one and despise the other. You cannot serve both God and money. Therefore I tell you, do not worry about your life… NIV

“In whatever area of your life you want God’s blessing, put him first in it.” Rick Warren

**D. To stop worrying, I must put God first in my** \_\_\_\_\_\_\_\_\_\_\_**.**

* You will stop stressing-out when you do the right thing

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