Matthew 6:25 - 34 New International Version (NIV)

25 “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 than food, and the body more than clothes? 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? 27 Can any one of you by worrying add a single hour to your life?

28 “And why do you worry about clothes? See how the flowers of the field grow. They do not labor or spin. 29 Yet I tell you that not even Solomon in all his splendor was dressed like one of these. 30 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? 31 So do not worry, saying, ‘What shall we eat?’ or ‘What shall we drink?’ or ‘What shall we wear?’ 32 For the pagans run after all these things, and your heavenly Father knows that you need them. 33 But seek first his kingdom and his righteousness, and all these things will be given to you as well. 34 Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.

2 Corinthians 5:7 (NIV)

7 For we live by faith, not by sight.

Most of our problems are not circumstantial, most of our problems are perceptual.
~Mark Batterson

______ is the key to overcoming worry.

In Matthew 6 Jesus repeatedly used the word worry.
The word worry is mention _____ times in Matthew 6

Worry (Greek) means to be _______ _________.

Worry ________________________.

Dr. Walter Calvert
The Results of Worry:
_____% never happens
_____% concern the past
_____% needless health concerns
_____% insignificant/petty issues
_____% are legitimate concerns

2 Timothy 1:7 New King James Version (NKJV)

7 For God has not given us a spirit of fear, but of power and of love and of a sound mind.

I Must Feed My ________.

Romans 10:17-21 King James Version (KJV)

17 So then faith cometh by hearing, and hearing by the word of God.

How are you going to make it?
______

The Key to winning over worry
is to live by ________________
______________________.

Matthew 6:33-34 (NIV)

33 But seek first his kingdom and his righteousness, and all these things will be given to you as well. 34 Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.