



What If I Let Go Of Worry?

Matthew 6:19-34

What if I let go of worry?

Problems With Worry:

1. Worry causes _____.
2. Worry keeps me from _____ the _____.
3. Worry _____ from my life.

"Who of you by worrying can add a single hour to his life?" (*Matthew 6:27, NIV*)

But blessed is the man who trusts in the Lord, whose confidence is in Him. He will be like a tree planted by the water that sends out its roots by the stream. It does not fear when heat comes; its leaves are always green. It has no worries in a year of drought and never fails to bear fruit. (*Jeremiah 17:7-8, NIV*)

An anxious heart weighs a man down, but a kind word cheers him up.
(*Proverbs 12:25, NIV*)

4. Worry is a _____.

When I Let Go Of Worry:

1. I learn to _____ on what's _____.

"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 important than food, and the body more important than clothes?" (*Matthew 6:25, NIV*)

2. I recognize the _____ of _____.

"If God makes what grows in the field so beautiful, what do you think He will do for you? It's just grass – one day it's alive, and the next day someone throws it into a fire. But God cares enough to make it beautiful. Surely He will do much more for you." (*Matthew 6:30, ETRV*)



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"...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 important than food, and the body more important than clothes? 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? Who of you by worrying can add a single hour to his life? And why do you worry about clothes? See how the lilies 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, O you of little faith? 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. But seek first His kingdom and His righteousness, and all these things will be given to you as well. Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own." (*Matthew 6:19-21, 25-34, NIV*)

To Let Go Of Worry:

1. I _____ my _____.

"But seek first His kingdom and His righteousness, and all these things will be given to you as well." (*Matthew 6:33, NIV*)

2. I live _____ at a _____.

"Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own." (*Matthew 6:34, NIV*)

3. I _____ worry with _____.

Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. (*Philippians 4:6, NIV*)

When I let go of worry,
the result is _____.