

## **A Worry-Free Life**

#### Matthew 6:25-34

<sup>25</sup> "Therefore I tell you: <u>Don't worry</u> about your life, what you will eat or what you will drink; or about your body, what you will wear. Isn't life more than food and the body more than clothing? <sup>26</sup> Consider the birds of the sky: They don't sow or reap or gather into barns, yet your heavenly Father feeds them. Aren't you worth more than they? <sup>27</sup> Can any of you add one moment to his life span by worrying? <sup>28</sup> And why do you worry about clothes? Observe how the wildflowers of the field grow: They don't labor or spin thread. <sup>29</sup> Yet 1 tell you that not even Solomon in all his splendor was adorned like one of these. <sup>30</sup> If that's how God clothes the grass of the field, which is here today and thrown into the furnace tomorrow, won't he do much more for you -you of little faith? <sup>31</sup> So don't worry, saying, 'What will we eat?' or 'What will we drink?' or 'What will we keavenly Father knows that you need them.

## A Worry-Free Life Matthew 6:25-34

<sup>33</sup> But seek first the kingdom of God and his righteousness, and all these things will be provided for you. <sup>34</sup> Therefore don't worry about tomorrow, because tomorrow will worry about itself. Each day has enough trouble of its own.

The Film

### **A Worry-Free Life**

### You Don't Have to Fear the Future

Matthew 6:25

"Therefore I tell you: Don't worry about your life, what you will **eat** or what you will **drink**; or about your body, what you will **wear**. Isn't life more than food and the body more than clothing?

WORRY To Torment Oneself with Disturbing Thoughts Self-Strangulation of Your Mind A CONTINUAL FEAR

# A Worry-Free Life

### You Don't Have to Fear the Future

Philippians 1:21

For me, to live is Christ and to die is gain.

WORRY To Torment Oneself with Disturbing Thoughts Self-Strangulation of Your Mind A CONTINUAL FEAR

# A Worry-Free Life

### Jesus Knows Your Needs

### Matthew 6:26-30

<sup>26</sup> Consider the birds of the sky: They don't sow or reap or gather into barns, yet your heavenly Father feeds them. Aren't you worth more than they? <sup>27</sup> Can any of you add one moment to his life span by worrying?<sup>28</sup> And why do you worry about clothes? Observe how the wildflowers of the field grow: They don't labor or spin thread. <sup>29</sup> Yet I tell you that not even Solomon in all his splendor was adorned like one of these. <sup>30</sup> If that's how God clothes the grass of the field, which is here today and thrown into the furnace tomorrow, won't he do much more for you—you of little faith?



Luke 12:6-7

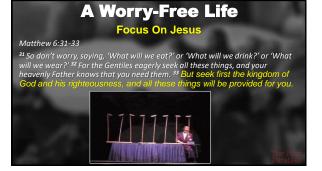
<sup>6</sup> Aren't five sparrows sold for two pennies? Yet not one of them is forgotten in God's sight. <sup>7</sup> Indeed, the hairs of your head are all counted. **Don't be afraid**; you are worth more than many sparrows.



# A Worry-Free Life

Focus On Jesus

Matthew 6:31-33 <sup>31</sup> So don't worry, saying, 'What will we eat?' or 'What will we drink?' or 'What will we wear?' <sup>32</sup> For the Gentiles eagerly seek all these things, and your heavenly Father knows that you need them. <sup>33</sup> But seek first the kingdom of God and his righteousness, and all these things will be provided for you.



**A Worry-Free Life** Focus On Jesus Matthew 6:31-33 <sup>31</sup> So don't worry, saying, 'What will we eat?' or 'What will we drink?' or 'What will we wear?' <sup>32</sup> For the Gentiles eagerly seek all these things, and your heavenly Father knows that you need them. <sup>33</sup> But seek first the kingdom of God and his righteousness, and all these things will be provided for you.

> ONE THING Sitting at the feet of Jesus and listening to Him.