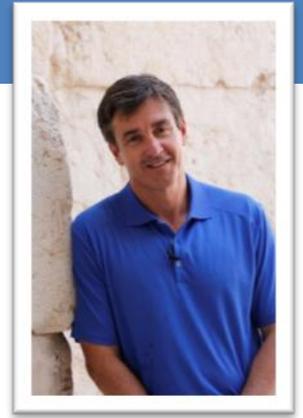


Pastor Allen Jackson



I. Jesus' Instructions

Matthew 6:25-34 (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. ²⁷ Who of you by worrying can add a single hour to his life? ²⁸ "And **why do you worry** about clothes? O you of little faith? ³¹ So **do not worry**, saying, 'What shall we eat?' or 'What shall we drink?' or 'What shall we wear?' 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.

Philippians 4:6-7 (NIV[®])

Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. ⁷ And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

A. Conclusion: Worry is a _____

B. Impact: _____ God's best for your life

Mark 4:18-19 (NIV[®])

Still others, like seed sown among thorns, hear the word; ¹⁹ **but the worries of this life**, the deceitfulness of wealth and the desires for other things come in and choke the word, making it unfruitful.

1. Worries of this life
2. Deceitfulness of wealth
3. Desires for other things

C. Faith diminishes when worry flourishes, v.28 "little faith"

1. Unseen vs. seen

Hebrews 11:1-3 (NIV[®])

Now faith is being sure of what we hope for **and certain of what we do not see**. ² This is what the ancients were commended for. ³ By faith we understand that the universe was formed at God's command, so that what is seen was not made out of what was visible.

2. Growing faith



Freedom from Worry
Overcoming Anxiety with God's Love, Purpose, and Power
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Matthew 8:23-26 (NASB[®])

When He got into the boat, His disciples followed Him. ²⁴ And behold, there arose a great storm on the sea, so that the boat was being covered with the waves; but Jesus Himself was asleep. ²⁵ And they came to *Him* and woke Him, saying, "Save us, Lord; we are perishing!" ²⁶ He *said to them, "**Why are you afraid, you men of little faith?**" Then He got up and rebuked the winds and the sea, and it became perfectly calm.

Matthew 15:28 (NIV[®])

Then Jesus answered, "**Woman, you have great faith!** Your request is granted." And her daughter was healed from that very hour.

D. Warnings & Promises

1. "under the sun"

- a. fashion "why do you worry about clothes?"
- b. food "So do not worry, saying, 'What shall we eat?'"
- c. future "Therefore do not worry about tomorrow"

2. God is watching

Luke 12:29-31 (NIV[®])

And do not set your heart on what you will eat or drink; do not worry about it. ³⁰ For the pagan world runs after all such things, and **your Father knows that you need them.** ³¹ But seek his kingdom, and these things will be given to you as well.

PRAYER

Heavenly Father, thank you for caring for me. Open the eyes of my heart to your great provision. Holy Spirit teach me to trust and not be afraid. I choose to lay aside worry and anxiety. I choose to lift my heart and voice in thanksgiving and praise to Almighty God---my creator, my redeemer, my deliverer, my sustainer. I can do all things through Christ Jesus my Lord. Amen.

KEY: sin; erode; focus; fail

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