

# Worry **NO**T

## 5 NOTS THAT UNKNOT YOUR LIFE

Matthew 6:25 (NIV) *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?*

Worry is about the \_\_\_\_\_

Isn't your life \_\_\_\_\_ than what you worry about?

Matthew 6:26 (NIV) *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?*

Is your life \_\_\_\_\_ to God?

Matthew 6:27 (NIV) *Can any one of you by worrying add a single hour to your life?*

Can any one of you by worrying add \_\_\_\_\_ to what you \_\_\_\_\_ most?

Matthew 6:28 (NIV) *And why do you worry about clothes? See how the flowers of the field grow. They do not labor or spin.*

Matthew 6:29-30 (NIV) *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?*

\_\_\_\_\_ **VS.** \_\_\_\_\_

Matthew 6:31 (NIV) *So do not worry, saying, 'What shall we eat?' or 'What shall we drink?' or 'What shall we wear?'*

Matthew 6:32-33 (NIV) *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.*

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

Jesus re-\_\_\_\_\_ all your \_\_\_\_\_.

He calls it \_\_\_\_\_.

When I am tempted to \_\_\_\_\_ from \_\_\_\_\_, I will look for a way to participate in what God is doing today.

Trust that God \_\_\_\_\_ and \_\_\_\_\_ take care of you

John 14:1 (CEV) *Jesus said to his disciples, "Don't be worried! Have faith in God and have faith in me.*

John 14:27 (CEV) *I give you peace, the kind of peace only I can give. It isn't like the peace this world can give. So don't be worried or afraid.*

Philippians 4:5-6 (NIV) *Do not be anxious about anything [anxious is just another name for worry], but in every situation, 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.*

## Three Practical Steps to Stop Worry

1. Begin your \_\_\_\_\_ declaring your \_\_\_\_\_
2. Relabel your worry, “ \_\_\_\_\_ ”
3. Look for a way to participate in what God is doing \_\_\_\_\_.