



Worry Free Zone

Matthew 6:25-34 NIV

IN GOD'S KINGDOM, WORRY IS BANISHED.

Mat. 6:25a *Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear.*

Ecc1 11:10 *So then, banish anxiety from your heart and cast off the troubles of your body...*

1. REMEMBER YOUR MAIN PURPOSE.

Mat. 6:25b *Is not life more than food, and the body more than clothes?*

1 Cor 10:31 *So whether you eat or drink or whatever you do, do it all for the glory of God.*

2. TRUST GOD TO PROVIDE: HE CLOTHES GRASS.

Mat. 6: 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?*

Ps. 55:22 *Cast your cares on the LORD and he will sustain you; he will never let the righteous be shaken.*

3. WORRY CHANGES NOTHING POSITIVELY.

Mat. 6:27 *Can any one of you by worrying add a single hour to your life?*

Prov. 12:25a *Anxiety weighs down the heart...*

4. A CHOICE: WORLD'S WORRY or PEACE OF GOD?

Mat. 6:31-32 *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.*

John 17:16-17 *They are not of the world, even as I am not of it. Sanctify them by the truth; your word is truth. (Jesus' prayer for us)*

5. **KNOW JESUS, KNOW PEACE (OF MIND.)**

Mat. 6:33 *But seek first his kingdom and his righteousness, and all these things will be given to you as well.*

Philippians 4:6–7 *Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.*

6. **TROUBLE IS NORMAL, ORDINARY, and EXPECTED.**

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

1 Peter 4:12–13 NIV84 *Dear friends, do not be surprised at the painful trial you are suffering, as though something strange were happening to you. But rejoice that you participate in the sufferings of Christ, so that you may be overjoyed when his glory is revealed.*

7. **TRUST GOD! THE HARD WORK IS FINISHED.**

Rom 8:32 *He who did not spare his own Son, but gave him up for us all—how will he not also, along with him, graciously give us all things?*

1Pet 5:7 *Cast all your anxiety on him because he cares for you.*

8. **REFRESH YOUR TRUST IN HIS PROMISES DAILY.**

Lamentations 3:22–23 *Because of the LORD's great love we are not consumed, for his compassions never fail. They are new every morning; great is your faithfulness.*

Psalms 56:3–4 *When I am afraid, I put my trust in you. In God, whose word I praise—in God I trust and am not afraid. What can mere mortals do to me?*

Proverbs 3:25–26 *Have no fear of sudden disaster or of the ruin that overtakes the wicked, for the LORD will be at your side and will keep your foot from being snared.*

Hebrews 13:5–6 *Keep your lives free from the love of money and be content with what you have, because God has said, "Never will I leave you; never will I forsake you." So we say with confidence, "The Lord is my helper; I will not be afraid. What can mere mortals do to me?"*