

Jesus called Himself in John 10 the Good Shepherd, referring to the famous song of David in Psalm 23.

Psalm 23:1-3 (NKJV) "The Lord is my shepherd; I shall not want. He makes me to lie down in green pastures; He leads me beside the still waters. He restores my soul; He leads me in the paths of righteousness for His name's sake."

A Shepherd: _____

My needs are varied: _____

4. WORRY IS _____

Matthew 6:30b- 32 "...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."

HOW DO WE LEARN TO TRUST GOD WITH OUR NEEDS?

Matthew 6:33-34 "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."

GIVE JESUS _____

- Trust Jesus _____
- Trust Jesus _____



BREAKING FREE FROM FEAR

WEEK 3:

BREAKING FREE FROM WORRY

MATTHEW 6:25-34 (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 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 their 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."

WHAT IS WORRY?

Three times in this passage Jesus says _____

If Jesus says "Do not worry" then:

- _____
- _____

WHAT IS WORRY?

Worry is _____

WHAT IS CONCERN?

Concern means _____

Jesus addresses one of the greatest worries people have in Matthew 6:24. Matthew 6:25 starts with "Therefore" which means that Jesus was summarizing what he stated prior in Matthew 6.

Matthew 6:24

"No one can serve two masters. Either they will hate the one and love the other, or they will be devoted to the one and despise the other. You cannot serve both God and Money."

The area that most people are prone to worry about is the area of

4 REASONS WHY NOT TO WORRY:

1. WORRYING DOESN'T _____

Matthew 6:25 "Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more important than food, and the body more important than clothes?"

We worry about the _____

We think that when we worry, we are _____

Matthew 6:27 "Can any one of you by worrying add a single hour to your life?"

Instead of fretting, God's word says to pray because prayer changes things.

Philippians 4:6a (LB) "Don't worry about anything! Instead, pray about everything."

2. WORRYING ISN'T _____

Matthew 6:26 "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?"

Matthew 6:28-29 "And why do you worry about clothes? See how the flowers 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."

3. WORRYING ISN'T _____

Matthew 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?"