

## What Jesus Says About Worry

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Matthew 6:25 “So I tell you, don't worry about the food or drink you need to live, or about the clothes you need for your body. Life is more than food, and the body is more than clothes. 26. Look at the birds in the air. They don't plant or harvest or store food in barns, but your heavenly Father feeds them. And you know that you are worth much more than the birds. 27. You cannot add any time to your life by worrying about it. 28. And why do you worry about clothes? Look at how the lilies in the field grow. They don't work or make clothes for themselves. 29. But I tell you that even Solomon with his riches was not dressed as beautifully as one of these flowers. 30. God clothes the grass in the field, which is alive today but tomorrow is thrown into the fire. So you can be even more sure that God will clothe you. Don't have so little faith! 31. Don't worry and say, 'What will we eat?' or 'What will we drink?' or 'What will we wear?' 32. The people who don't know God keep trying to get these things, and your Father in heaven knows you need them. 33. Seek first God's kingdom and what God wants. Then all your other needs will be met as well. 34. So don't worry about tomorrow, because tomorrow will have its own worries. Each day has enough trouble of its own.” (NCV)

John 10:10b “I came to give life — life in all its fullness.” (NCV)

**Solution: Don't worry, \_\_\_\_\_.**

**First tool: \_\_\_\_\_.**

1 Thessalonians 5:17 “Pray continually.” (NCV)

Philippians 4:8 “Brothers and sisters, think about the things that are good and worthy of praise. Think about the things that are true and honorable and right and pure and beautiful and respected.” (NCV)

**Second tool: \_\_\_\_\_.**

John 16:33b “In this world you will have trouble, but be brave! I have defeated the world.” (NCV)