

**FROM WORRY**

*to*

**WORSHIP**

# MATTHEW 6:25-34

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 THAN FOOD, AND THE BODY MORE THAN CLOTHES?

26 LOOK AT THE BIRDS OF THE AIR; THEY DO NOT SOW OR REAP OR STORE AWAY IN BARNES, AND YET YOUR HEAVENLY FATHER FEEDS THEM. ARE YOU NOT MUCH MORE VALUABLE THAN THEY?

27 CAN ANY ONE OF YOU BY WORRYING ADD A SINGLE HOUR TO YOUR LIFE?

28 "AND WHY DO YOU WORRY ABOUT CLOTHES? SEE HOW THE FLOWERS OF THE FIELD GROW. THEY DO NOT LABOR OR SPIN.

29 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?

31 SO DO NOT WORRY, SAYING, 'WHAT SHALL WE EAT?' OR 'WHAT SHALL WE DRINK?' OR 'WHAT SHALL WE WEAR?'

32 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.

34 THEREFORE DO NOT WORRY ABOUT  
TOMORROW, FOR TOMORROW WILL WORRY  
ABOUT ITSELF. EACH DAY HAS ENOUGH  
TROUBLE OF ITS OWN.

# THE PROBLEM OF WORRY



# THE SOLUTION TO WORRY

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Look

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# THE SOLUTION TO WORRY

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Seek

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