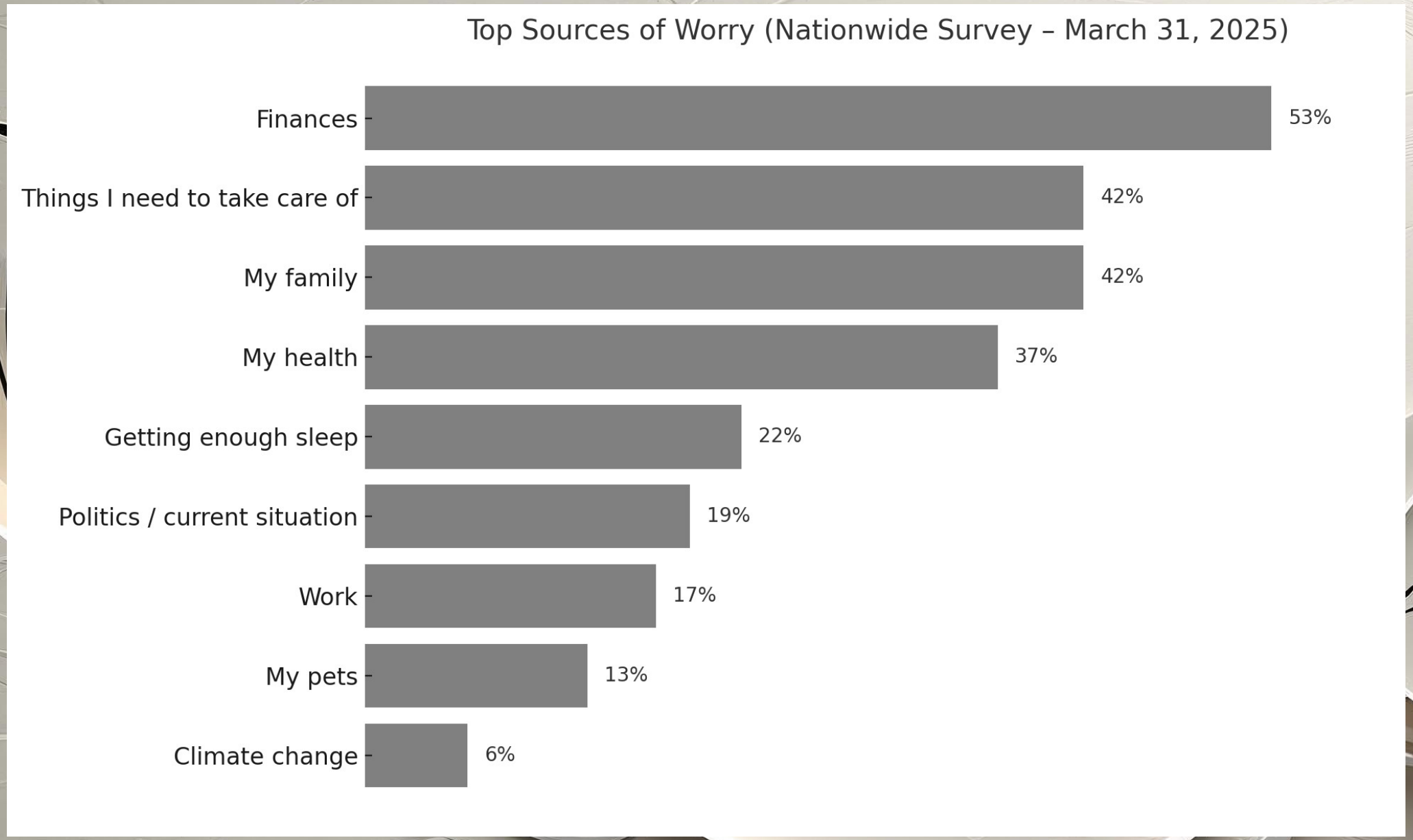

Living a Worry Free Life



*Nationwide Survey cited by LA Outpatient Center, May 20, 2025

19 “Don’t store up treasures here on earth, where moths eat
them and rust destroys them, and where thieves break in and
steal. 20 Store your treasures in heaven, where moths and rust
cannot destroy, and thieves do not break in and steal.
21 Wherever your treasure is, there the desires of your heart will
also be.
22 “Your eye is like a lamp that provides light for your body. When
your eye is healthy, your whole body is filled with light. 23 But
when your eye is unhealthy, your whole body is filled with
darkness. And if the light you think you have is actually
darkness, how deep that darkness is!
24 “No one can serve two masters. For you will hate one and love
the other; you will be devoted to one and despise the other. You
cannot serve God and be enslaved to money.

25 “That is why I tell you not to worry about everyday life—
whether you have enough food and drink, or enough clothes to
wear. Isn’t life more than food, and your body more than
clothing? 26 Look at the birds. They don’t plant or harvest or store
food in barns, for your heavenly Father feeds them. And aren’t
you far more valuable to him than they are? 27 Can all your
worries add a single moment to your life? 28 “And why worry
about your clothing? Look at the lilies of the field and how they
grow. They don’t work or make their clothing, 29 yet Solomon in
all his glory was not dressed as beautifully as they are. 30 And if
God cares so wonderfully for wildflowers that are here today
and thrown into the fire tomorrow, he will certainly care for you.
Why do you have so little faith?

Matthew 6:25–30 (NLT)

31 “So don’t worry about these things, saying, ‘What will we eat?
What will we drink? What will we wear?’ 32 These things dominate
the thoughts of unbelievers, but your heavenly Father already
knows all your needs. 33 Seek the Kingdom of God above all else,
and live righteously, and he will give you everything you need.
34 “So don’t worry about tomorrow, for tomorrow will bring its
own worries. Today’s trouble is enough for today.

Matthew 6:31–34 (NLT)

Jesus Instructs on the Worry Free Life

24 “No one can serve two masters. For you will hate one and love the other; you will be
devoted to one and despise the other. You cannot serve God and be enslaved to money.
25 “That is why I tell you not to worry about everyday life—whether you have enough
food and drink, or enough clothes to wear. Isn’t life more than food, and your body
more than clothing? 26 Look at the birds. They don’t plant or harvest or store food in
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that are here today and thrown into the fire tomorrow, he will certainly care for you.
Why do you have so little faith?
31 “So don’t worry about these things, saying, ‘What will we eat? What will we drink?
What will we wear?’ 32 These things dominate the thoughts of unbelievers, but your
heavenly Father already knows all your needs. 33 Seek the Kingdom of God* above all
else, and live righteously, and he will give you everything you need.
34 “So don’t worry about tomorrow, for tomorrow will bring its own worries. Today’s
trouble is enough for today.

Jesus Teaches Us *Why* We Should Not Worry

Our Father will Take Care of Us

30 And if God cares so wonderfully for wildflowers that are here today and thrown into the fire tomorrow, he will certainly care for you. Why do you have so little faith?
Matthew 6:30 (NLT)

Jesus Teaches Us *Why* We Should Not Worry

Our Father Knows All of Our Needs

31 “So don’t worry about these things, saying, ‘What will we eat? What will we drink? What will we wear?’
32 These things dominate the thoughts of unbelievers, but your heavenly Father already knows all your needs.
33 Seek the Kingdom of God above all else, and live righteously, and he will give you everything you need.

Matthew 6:31-33 (NLT)

Jesus Teaches Us *Why* We Should Not Worry

Take It One Day at a Time

34 “So don’t worry about tomorrow, for tomorrow will bring its own worries. Today’s trouble is enough for today.

Matthew 6:34 (NLT)

Jesus Teaches Us *HOW* to Live a Worry Free Life

Seek The Kingdom of God First

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

Matthew 6:33 (NIV)

Jesus Teaches Us ***HOW*** to Live a Worry Free Life

Live Right Before the Lord

33 Seek the Kingdom of God above all else, ***and live righteously***, and he will give you everything you need.

Matthew 6:33 (NLT)