Living Free, Part 5: Freedom from Worry

Matthew 6:25-34 ESV

Pastor Brian Uyeda, Nov 21-22, 2026

Q: How do we live a secure life in a world of worry?

Worry – feeling fearful over what *could* happen.

25 “Therefore I tell you, do not be anxious about your life, what you will eat or
what you will drink, nor about your body, what you will put on. Is not life more
than food, and the body more than clothing? 26 Look at the birds of the air: they
neither sow nor reap nor gather into barns, and yet your heavenly Father feeds
them. Are you not of more value than they? 27 And which of you by being anxious
can add a single hour to his span of life?

28 And why are you anxious about clothing? Consider the lilies of the field, how
they grow: they neither toil nor spin, 29 yet I tell you, even Solomon in all his glory
was not arrayed like one of these. 30 But if God so clothes the grass of the field,
which today is alive and tomorrow is thrown into the oven, will he not much
more clothe you, O you of little faith? – Matthew 6:25-30

Step 1: We faithfully _____ God cares and provides for our needs. (Matthew 6:25-30)

6 do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. – Philippians 4:6 ESV

7 Be still in the presence of the Lord, and wait patiently for him to act. Don’t worry about evil people who prosper or fret about their wicked schemes. – Psalm 37:7 NLT

25 Anxiety weighs down the heart, but a kind word cheers it up. – Proverbs 12:25 NIV

Live it out:
What am I feeling anxious or worried over today?
What fearful thoughts do I struggle with when I get anxious?
What can I acknowledge today that God has provided for me?

31 Therefore do not be anxious, saying, ‘What shall we eat?’ or ‘What shall we
drink?’ or ‘What shall we wear?’ 32 For the Gentiles seek after all these things,
and your heavenly Father knows that you need them all. 33 But seek first the
kingdom of God and his righteousness, and all these things will be added to you.

34 “Therefore do not be anxious about tomorrow, for tomorrow will be anxious for
itself. Sufficient for the day is its own trouble. – Matthew 6:31-34

Step 2: We _____ into God’s work by connecting to the church. (Matthew 6:31-34)

17 As iron sharpens iron, so a friend sharpens a friend. – Proverbs 27:17 NLT

Live it out:
Who around me could I encourage today with God’s truth in place of their worry?
Am I willing to take the next step in my faith by seeking God’s kingdom first?
What step can I take today?