A famous poet wrote, "The reason why worry kills more people than work is because more people worry than work."

So, what does Jesus tell to us about worry?,

In Matthew 6:18 thru 30, Jesus addresses the issue of worry and life and reassures that He's got you.

## 1. Accept your new identity. Vs 25-30

- Scripture Focus: Verse 25 "Therefore "I" say to you, do not worry about your life....
- Key Thought: Your priorities change, your situations change but the <u>faithfulness</u> of God does not.
- Your battles are not just your battles. As a child of God, they are God's battles too.

**Key Thought:** When we <u>accept</u> our new identity, we <u>recognize</u> that the protection, provision and goodness of God belong to us.

## 2. Establish your priorities - Recognize the greatness of God - vs 31

- Scripture Focus: Verse 31"Therefore do not worry, saying, 'What shall we eat?' or 'What shall we drink?' or 'What shall we wear?'
- We do not worry because we recognize that God is our source.
- **Key Thought:** When <u>establishing</u> our priorities we must prioritize the <u>source</u> (God) from which our needs are met.
- Scripture Focus: Psalm 37:25, "I have been young and now I am old, yet I have not seen the righteous forsaken or his descendants begging bread."

## So what do you do when worry comes?

- 3. <u>Trust</u> in God's faithfulness to follow through. vs 32b-3
- Scripture Focus: Verse 33 But seek first the kingdom of God AND His righteousness, and all these things shall be added to you.
- **Key Thought:** If worry is a sign of faithlessness, <u>seeking</u> God first is the act of faith that can <u>combat</u> faithlessness in our lives.

- God's faithfulness is not just found in the things of God but also in His righteousness.
- **Key Thought:** When we seek first the kingdom of God <u>AND</u> His righteousness in the midst of our worry and our trial, His goodness, mercy, grace and <u>purpose</u> is revealed.
- Scripture Focus: Verse 34 Therefore do not worry about tomorrow, for tomorrow will worry about its own things. Sufficient for the day *is* its own trouble.