

# WORSHIP

## From Worry To Worship - Part 1: From Worry To Worship Ray Hammond / ray@epicchurchbuffalo.com August 5, 2018

Can all your worries add a single moment to your life?  
– Matthew 6:27

### THE PROBLEM WITH WORRY

- It's UNHELPFUL.
- It's UNREASONABLE.
- It's UNHEALTHY.

### JESUS TEACHES ON WORRY (Matthew 6:25-34)

So don't worry about these things, saying, "What will eat? What will we drink? What will we wear?" <sup>32</sup> These things dominate the thoughts of unbelievers, but your heavenly Father already knows all your needs. <sup>33</sup> Seek the Kingdom of God above all else, and live righteously, and he will give you everything you need. <sup>34</sup> So don't worry about tomorrow, for tomorrow will bring its own worries. Today's trouble is enough for today. - Matthew 6:31-34

## FROM WORRY TO WORSHIP

### 1. REDIRECT my thoughts to God.

Seek the Kingdom of God above all else... - Matthew 6:33

Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. - Philippians 4:6

### 2. REMAIN faithful.

...and live righteously... - Matthew 6:33

Then you will experience God's peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus. - Philippians 4:7

### 3. RELEASE control and trust God.

...and he will give you everything you need. - Matthew 6:33

### *Memory Verse:*

When I am afraid, I trust in you. - Psalm 56:3