

“I have loved you, my people, with an everlasting love. With unfailing love I have drawn you to myself.”

**Jeremiah 31:3b NLT**

“For I know the plans I have for you,” declares the LORD, “plans to prosper you and not to harm you, plans to give you hope and a future.”

**Jeremiah 29:11 NIV**

## How To Win Over Worry

**Matthew 6:25-34**

### 1. Know that God sees me.

“Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they?”

**Matthew 6:26 NIV**

Nothing in all creation is hidden from God’s sight.

**Hebrews 4:13a NIV**

You saw me before I was born. The days allotted to me had all been recorded in your book, before any of them ever began.

**Psalms 139:16 GNT**

### 2. Seek God first.

“Seek first his kingdom and his righteousness, and all these things will be given to you as well.”

**Matthew 6:33b NIV**

How great is your goodness! You have stored it up for those who fear you. You do good things for those who trust you.

**Psalms 31:19a ICB**

Trust in the LORD with all your heart...Seek his will in all you do, and he will show you which path to take.

**Proverbs 3:5-6a NLT**

### 3. Use my time wisely.

“Can any one of you by worrying add a single hour to your life?”

**Matthew 6:27 NIV**

“Do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.”

**Matthew 6:34 NIV**

Teach us to number our days, that we may gain a heart of wisdom.

**Psalms 90:12 NIV**

I sought the LORD, and he answered me; he delivered me from all my fears.

**Psalms 34:4 NIV**

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#### Weekend Music:

We Praise You (Bethel Music) • King Of My Heart (Bethel Music)  
Great Are You Lord (All Sons & Daughters)