



Unstrapped

WEEK 3: UNSTRAPPED FROM STRESS

Matthew 6

1 Peter 5:7-8 “Casting all your care upon Him, for He cares for you. Be sober, be vigilant; because your adversary the devil walks about like a roaring lion, seeking whom he may devour.”

1. Be Faith Efficient.

Matthew 6:25 “Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more than food, and the body more than clothes?”

Matthew 6:27 “Can any one of you by worrying add a single hour to your life?”

2. Sort Out Your Priorities.

Matthew 6:33 “But seek first his kingdom and his righteousness, and all these things will be given to you as well.”
