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Matthew 6:31-33

So do not worry, saying, 'What shall we eat?' or 'What shall we drink?' or 'What shall we wear?' 32 For the pagans run after all these things, and your heavenly Father knows that you need them. 33 But seek first his kingdom and his righteousness, and all these things will be given to you as well.

Worry: An Emotion Of Choice That Hinders Our Relationship With God.

Worry Costs! It Subtracts Energy And Divides Attention.

Matthew 6:11

Give us today our daily bread.

Bread In Scripture Is A Symbol For All Material, Emotional, And Spiritual Needs.

God Is Our Source.

God Meets Our Needs On A Daily Basis.

Seeking God For Daily Bread Brings Us Out Of Fear And Into Trust.