

**It's Not Mine to Carry**  
January 25, 2026  
Heartland Christian Center  
Pastor Matt Willingham

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- Prayer doesn't just shift my HEART—Prayer has the power to release me.
- Prayer isn't just where I bring my WORRIES—it's where I lay them down and trust God with what I cannot CARRY.

Matthew 6:25-34

*25 "Therefore I tell you, do not be anxious about your life, what you will eat or what you will drink, nor about your body, what you will put on. Is not life more than food, and the body more than clothing? ...*

*27 And which of you by being anxious can add a single hour to his span of life?...*

*O you of little faith?...your heavenly Father knows that you need them all. 33 But seek first the kingdom of God and his righteousness, and all these things will be added to you. 34 "Therefore do not be anxious about tomorrow, for tomorrow will be anxious for itself. Sufficient for the day is its own trouble.*

- WORRY is tied to control, provision, and tomorrow.
- Prayer becomes an act of CASTING, not controlling.
- Prayer doesn't deny REALITY—but it refuses to let worry have the final WORD.

### **1) Worry REVEALS Who We're Relying On**

*25 "Therefore I tell you, do not be anxious about your life, what you will eat or what you will drink, nor about your body, what you will put on. Is not life more than food, and the body more than clothing?...*

- Worry is functional atheism—not belief denial, but trust displacement.

### **2) Prayer Is the place of the EXCHANGE Point**

*27 And which of you by being anxious can add a single hour to his span of life?... O you of little faith?...* Through prayer, we don't SUPPRESS our emotions—we SUBMIT it.

- It's not denial—it's DECISION.
- God doesn't shame our emotions; He REDIRECTS it.

### **3) Control Crumbles When TRUST Takes Over**

*your heavenly Father knows that you need them all. 33 But seek first the kingdom of God and his righteousness, and all these things will be added to you.*

- Control and trust cannot COEXIST.
- CONTROL is me gripping harder; TRUST is me letting go.

### **4) PEACE Protects What Prayer Presents**

*34 "Therefore do not be anxious about tomorrow, for tomorrow will be anxious for itself. Sufficient for the day is its own trouble.*

- Worry grows when I live in TOMORROW; peace grows when I trust God TODAY.
- Peace doesn't mean nothing is ATTACKING—it means someone is standing GUARD.
- Peace doesn't erase the battle—it guards the BELIEVER.

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