

Releasing Worry Daily

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Our Purpose: To be a community of believers where, no matter who you are, you can experience life change through Jesus Christ.

Worry is Unhelpful

Who of you by worrying can add a single hour to your life?

—Luke 12:25

Worry is Unhealthy

Worry weighs a person down; an encouraging word cheers a person up.

—Proverbs 12:25 (NLT)

Worry is Unnecessary

Don't worry about anything...

—Philippians 4:6 (NLT)

Worry is Unreasonable

Worry is Unbiblical

"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? 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? Can any one of you by worrying add a single hour to your life? And why do you worry about clothes? See how the flowers of the field grow. They do not labor or spin. Yet I tell you that not even Solomon in all his splendor was dressed like one of these. If that is how God clothes the

grass of the field, which is here today and tomorrow is thrown into the fire, will he not much more clothe you—you of little faith? So do not worry, saying, 'What shall we eat?' or 'What shall we drink?' or 'What shall we wear?' For the pagans run after all these things, and your heavenly Father knows that you need them. But seek first his kingdom and his righteousness, and all these things will be given to you as well. Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.

—Matthew 6:25-34

What I Worry About is Important

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 (NLT)

I am Important

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

"And why do you worry about clothes? See how the flowers of the field grow. They do not labor or spin. Yet I tell you that not even Solomon in all his splendor was dressed like one of these. If that is how God clothes the grass of the field, which is here today and tomorrow is thrown into the fire, will he not much more clothe you...

—Matthew 6:28-30

Big Worry = Small Faith

If that is how God clothes the grass of the field, which is here today and tomorrow is thrown into the fire, will he not much more clothe you—you of little faith?

—Matthew 6:30

So do not worry, saying, 'What shall we eat?' or 'What

shall we drink?’ or ‘What shall we wear?’ For the pagans run after all these things, and your heavenly Father knows that you need them. But seek first his kingdom and his righteousness, and all these things will be given to you as well. Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.

—Matthew 6:31-34

Seek God and His Kingdom First

Seek God and His Kingdom First Every Day