

## **He Promises— Finding Freedom From Your Worries**

*“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 6:25 NIV*

**Worry has never changed anything for the good.**

- 1. Look to your Father.**
- 2. Look to your faith.**
- 3. Look to your future.**

**1. Look to your Father, because He’s always faithful.**

*“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*

**God is loving enough to care about the details of your life.**

**2. Look to your faith, because your faith conquers fears.**

*“... seek first [God’s] kingdom and his righteousness, and all these things will be given to you as well.” Matthew 6:33 NIV*

*For God has not given us a spirit of fear, but of power and of love and of a sound mind. 2 Timothy 1:7 NKJV*

**3. Look to your future, because God is in control.**

*“So don’t worry about tomorrow, for tomorrow will bring its own worries. Today’s trouble is enough for today.” Matthew 6:34 NLT*

**Worry doesn't protect us from tomorrow's problems; worry robs us of today's peace.**

- **A worried person sees a problem and does nothing.**
- **A concerned person sees a problem and does something about it.**

**I will do what I can do, and I will surrender to God what only He can do.**

*The LORD is close to all who call on him, yes, to all who call on him in truth. Psalm 145:18 NLT*

## **TALK IT OVER**

Read Matthew 6:25-26. How do these verses influence the way you view worry? What do you think about God caring about the details of your life?

Talk about a time when you were worried about a situation. How did God show His faithfulness? How could that experience help you remember His faithfulness today?

Share about an area of your life where you tend to worry. Talk about how you could respond well when faced with that worry. Then share how you could surrender the rest to God.