

Living a Worry-Free Life

Worry is a down payment on a problem you may never have.

Joyce Meyer

Worry does not empty tomorrow of its sorrow. It empties today of its strength.

Corrie Ten Boom

Matthew 6:25-34 (NLT)

²⁵ “That is why I tell you not to worry about everyday life—whether you have enough food and drink, or enough clothes to wear. Isn’t life more than food, and your body more than clothing?

²⁶ Look at the birds. They don’t plant or harvest or store food in barns, for your heavenly Father feeds them. And aren’t you far more valuable to him than they are?

²⁷ Can all your worries add a single moment to your life?

²⁸ “And why worry about your clothing? Look at the lilies of the field and how they grow. They don’t work or make their clothing,

²⁹ yet Solomon in all his glory was not dressed as beautifully as they are.

³⁰ And if God cares so wonderfully for wildflowers that are here today and thrown into the fire tomorrow, he will certainly care for you. Why do you have so little faith?

³¹ “So don’t worry about these things, saying, ‘What will we eat? What will we drink? What will we wear?’”

³² These things dominate the thoughts of unbelievers, but your heavenly Father already knows all your needs.

³³ Seek the Kingdom of God above all else, and live righteously, and he will give you everything you need.

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

I. Understand your value to Father

Luke 15:8-10 (NLT)

8 “Or suppose a woman has ten silver coins and loses one. Won’t she light a lamp and sweep the entire house and search carefully until she finds it? 9 And when she finds it, she will call in her friends and neighbors and say, ‘Rejoice with me because I have found my lost coin.’ 10 In the same way, there is joy in the presence of God’s angels when even one sinner repents.”

II. Understanding Your Father is Trustworthy Increases Faith

Worry! Implies that we don't quite trust that God is big enough, powerful enough, or loving enough to take care of what's happening in our lives.

Francis Chan

III. Rightly Relating to Father Brings Blessings

³³ Seek the Kingdom of God above all else, and live righteously, and he will give you everything you need.

1. Seek His Kingdom first

a. Seek Jesus first

b. Seek Father's ways first

Romans 14:17 (ESV)

¹⁷ For the kingdom of God is not a matter of eating and drinking but of righteousness and peace and joy in the Holy Spirit.

Matthew 6:32 (NLT)

These things dominate the thoughts of unbelievers, but your heavenly Father already knows all your needs.

2. Live Righteous Lives

a. Imputed Righteousness

b. Living Righteously

Promise: He will give you everything you need.

Why Worry when you know your value to Father?

Why Worry when you can Pray?

Why Worry when you can Trust?

Why Worry when you can yield your life to Him?

Why Worry when you can experience peace and joy in the Holy Spirit?