

WHY WORRY?

Worry is a Choice

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Worry—it's universal. It's as much a part of life as breathing. Yet Jesus said, Don't. Don't worry! Easier said than done. In this 3-part series, we explore what Jesus had to say about worry. We'll discover where worry comes from, why it's so difficult to overcome, and what you can do to conquer it. It's particularly relevant for this time in which we find ourselves. Today we discuss how seeking first your own security will fuel worry, but seeking first the agenda of God will free you. .

"Can any one of you by worrying add a single hour to your life?" - Matthew 6:27

My Next Step(s):

- I will shift my devotion from the things of this world to God's Kingdom.
- I will make a list of the things that I am concerned about in life.
- I will surrender my list of concerns to God.
- I will choose not to worry about tomorrow.

Memory Verse: "But seek first his kingdom and his righteousness, and all these things will be given to you as well." – Matthew 6:33

(Continues on back.)

(This message uses materials provided by North Point Ministries & open.life.church.)



WHY **WORRY**

Making Everything Easier!

2nd Edition

Overcoming Anxiety FOR DUMMIES

Learn to:

- Get fear, worry, and panic under control
- Identify your anxiety triggers
- Cope with situations that cause anxiety
- Take advantage of the latest treatments and medications

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Laura L. Smith, PhD

*Authors of Depression For Dummies
and Anxiety & Depression Workbook
For Dummies*



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Overcoming Anxiety, Worry, and Fear

GREGORY L. JANTZ, PhD
WITH ANN McMURRAY

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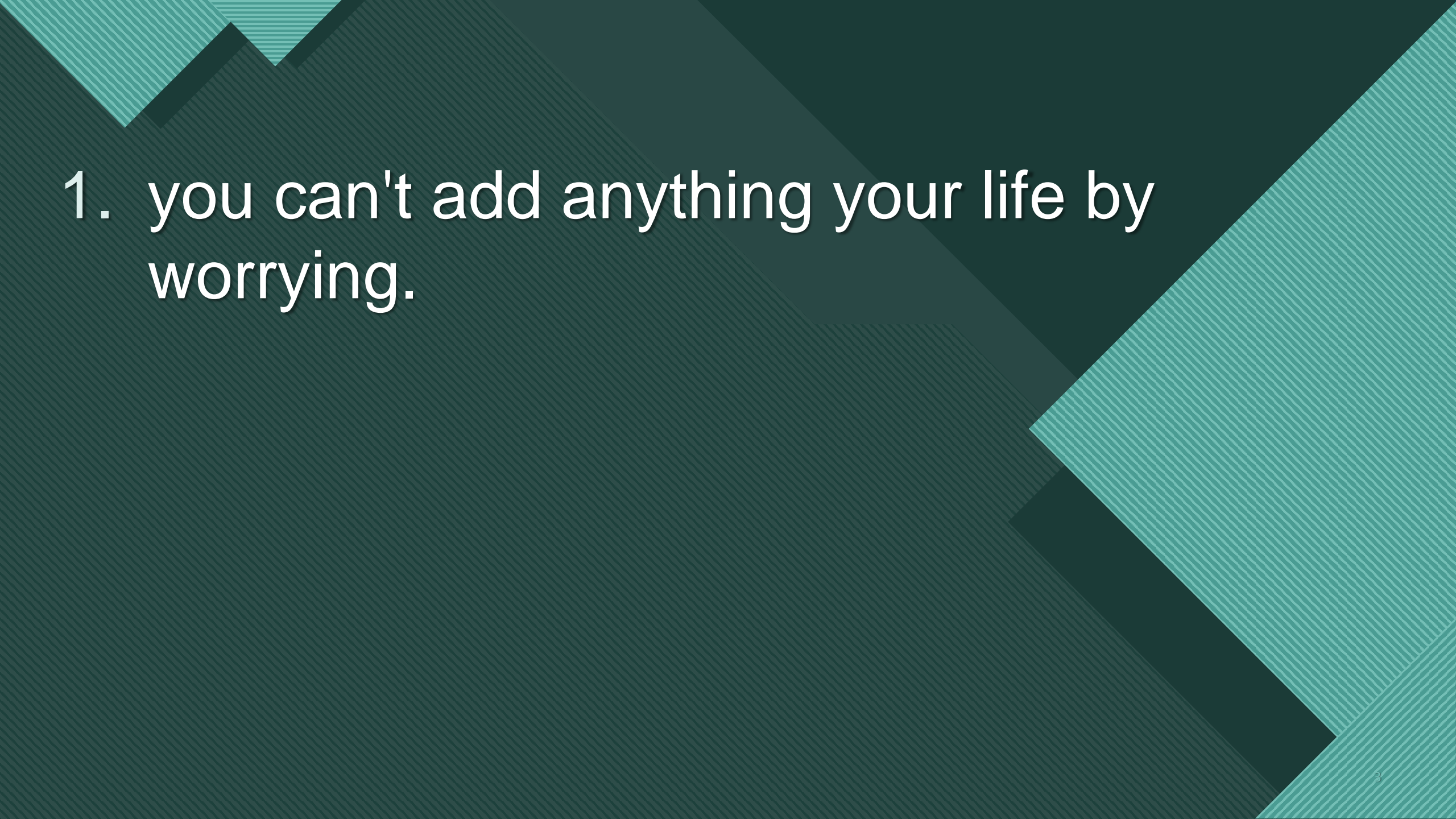
Becoming a Woman of Faith & Confidence

Overcoming Fear, Worry, and Anxiety



Elyse
Fitzpatrick

Coauthor of Women Helping Women



1. you can't add anything your life by
worrying.

1. you can't add anything your life by worrying.
2. not worrying is not the same as not caring.

1. you can't add anything your life by worrying.
2. not worrying is not the same as not caring.
3. the things that you are most **devoted** to are the things that you **worry** about the most.

Matthew 6:27

“Can any one of you by **worrying**
add a single hour to your life?”

Matthew 6:28

“And why do you worry about clothes? See how the **flowers of the field** grow. They do not labor or spin.

Matthew 6:28-29

“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.”

Matthew 6:30

“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 6:30

“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?**”

ὀλιγόπιστος

oligopistos / of little faith

ὀλιγόπιστος

oligopistos / of little faith

ὀλιγόπιστος

oligopistos / of little faith

Matthew 6:31

“So **do not worry**, saying, ‘What shall we eat?’ or
‘What shall we drink?’ or ‘What shall we wear?’”

Matthew 6:31-32

**“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,”**

Matthew 6:31-32

**“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.”**

Matthew 6:33

“**But** seek first...”

Matthew 6:33

“But **seek first...**”

Matthew 6:33

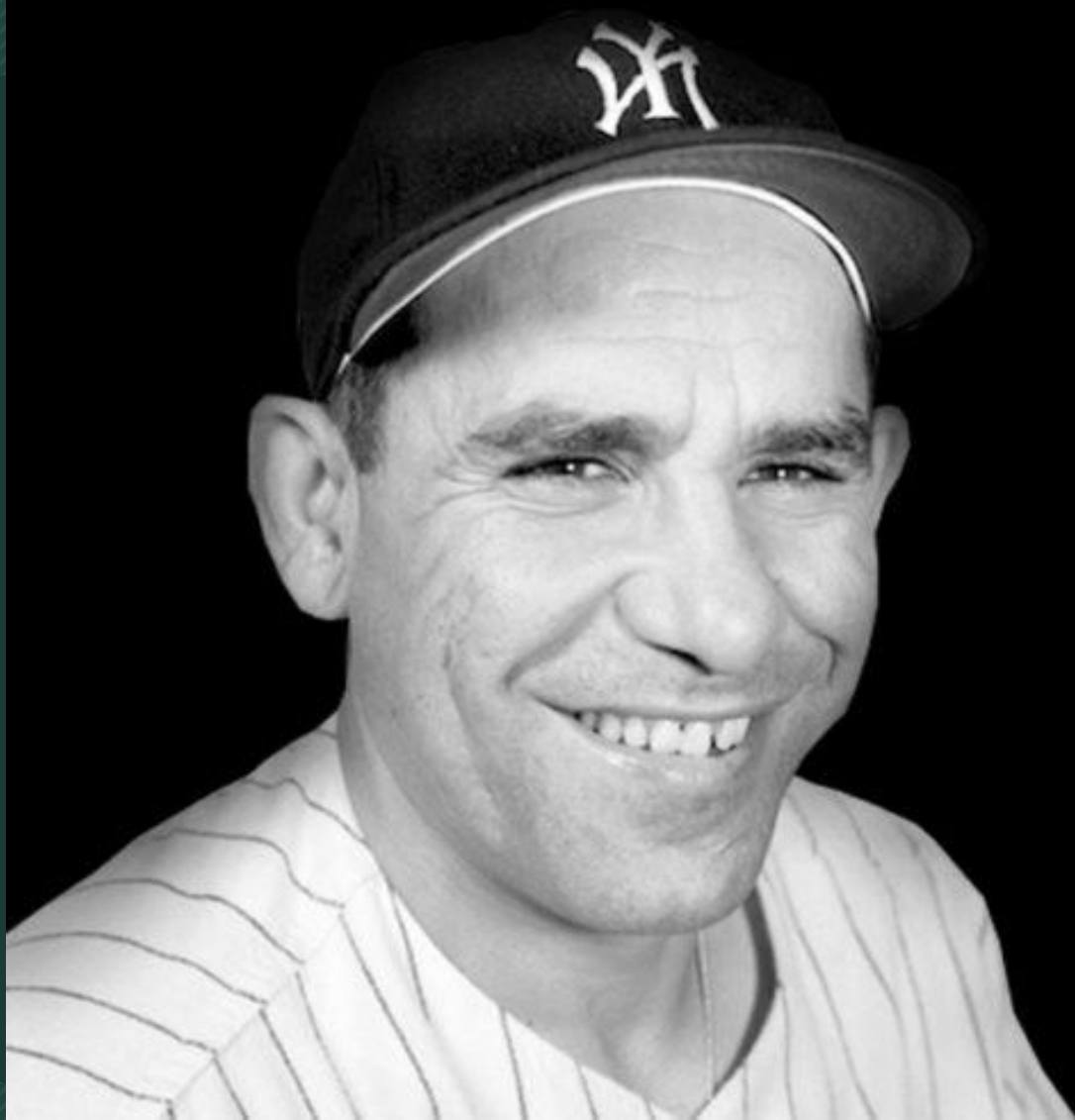
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Matthew 6:33

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Matthew 6:33

**“But seek first his kingdom and his righteousness,
and all these things will be given to you as well.”**



“When you come to
a fork in the road, **take it.**”

- Yogi Berra

Goalcast

Matthew 6:34

**“Therefore do not worry about tomorrow,
for tomorrow will worry about itself. Each
day has enough trouble of its own.”**

Worry is a Choice.