

WHY WORRY?

Worry is a Choice

Pastor Augie Iadicicco

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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.)

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