Overwhelmed Series

What, Me Worry?

June 30, 2019

Matthew 6:25-34 (679)

Pressure: *An event or circumstance that produces severe \_\_\_\_\_\_\_\_\_*

*on a person*

Concern: *An \_\_\_\_\_\_\_\_\_\_\_\_\_ about how the pressures of life will*

*negatively impact us and those we care about*

Stress: *The result of an \_\_\_\_\_\_\_\_\_\_\_\_ outlook on and response to the*

*pressures of life*

**Understanding Worry**

Worry: *Concern over the \_\_\_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ future*

*that tears one apart*

**Five Reasons Not to Worry**

1. Your life is so much more than your \_\_\_\_\_\_\_\_ (v. 25).
2. You are \_\_\_\_\_\_\_\_\_\_\_ to God (v. 26).
3. Your \_\_\_\_\_\_\_ is in God’s hands (v. 27).
4. God is giving you a life that will \_\_\_\_\_\_\_\_\_ (vv. 28-30).
5. Your \_\_\_\_\_\_\_\_\_ is God (vv. 31-32).

**Two Solutions to Worry**

1. \_\_\_\_\_\_\_\_ in God’s provision (v. 30).
2. Make the \_\_\_\_\_\_\_\_\_ your primary concern (vv. 32-33).

**Questions to Consider**

* What are the things you tend to worry about?
* How does worry show up in your life?
* Why do you worry? What do you fear losing or never getting?
* Which promise of Jesus speaks to you the most?

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