

A person wearing a dark raincoat and holding a bright blue umbrella stands on the left side of the image. The background is a dark, stormy sky with heavy, dark clouds and a bright, white light source, possibly the sun or moon, breaking through the clouds. The overall mood is somber and dramatic.

WORRIED ABOUT WORRY

MATTHEW 6:25-34

MATTHEW 6:25

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?”

**Trust in God's
goodness and power
prevents our worries
from overwhelming us**



MATTHEW 6:26-30

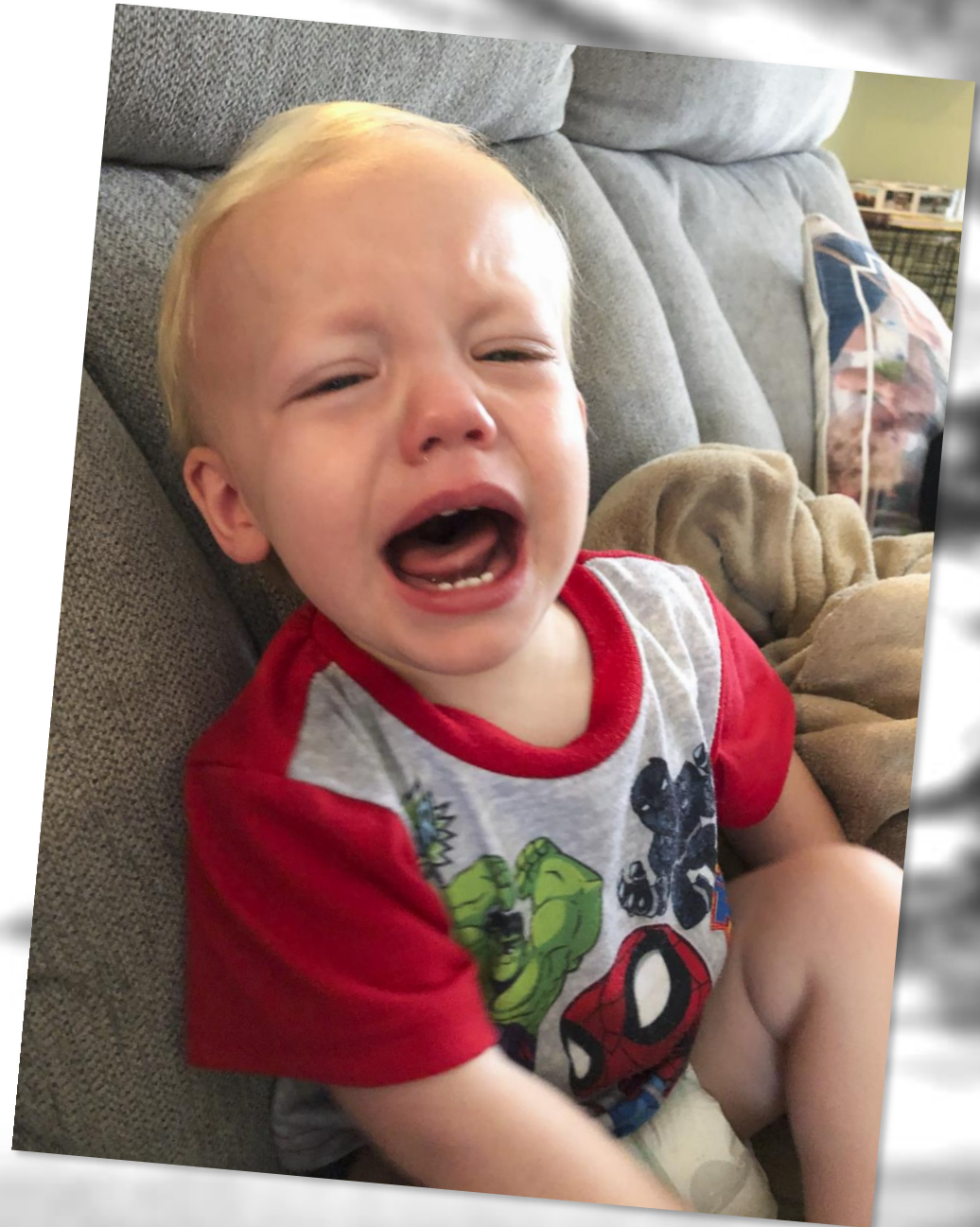
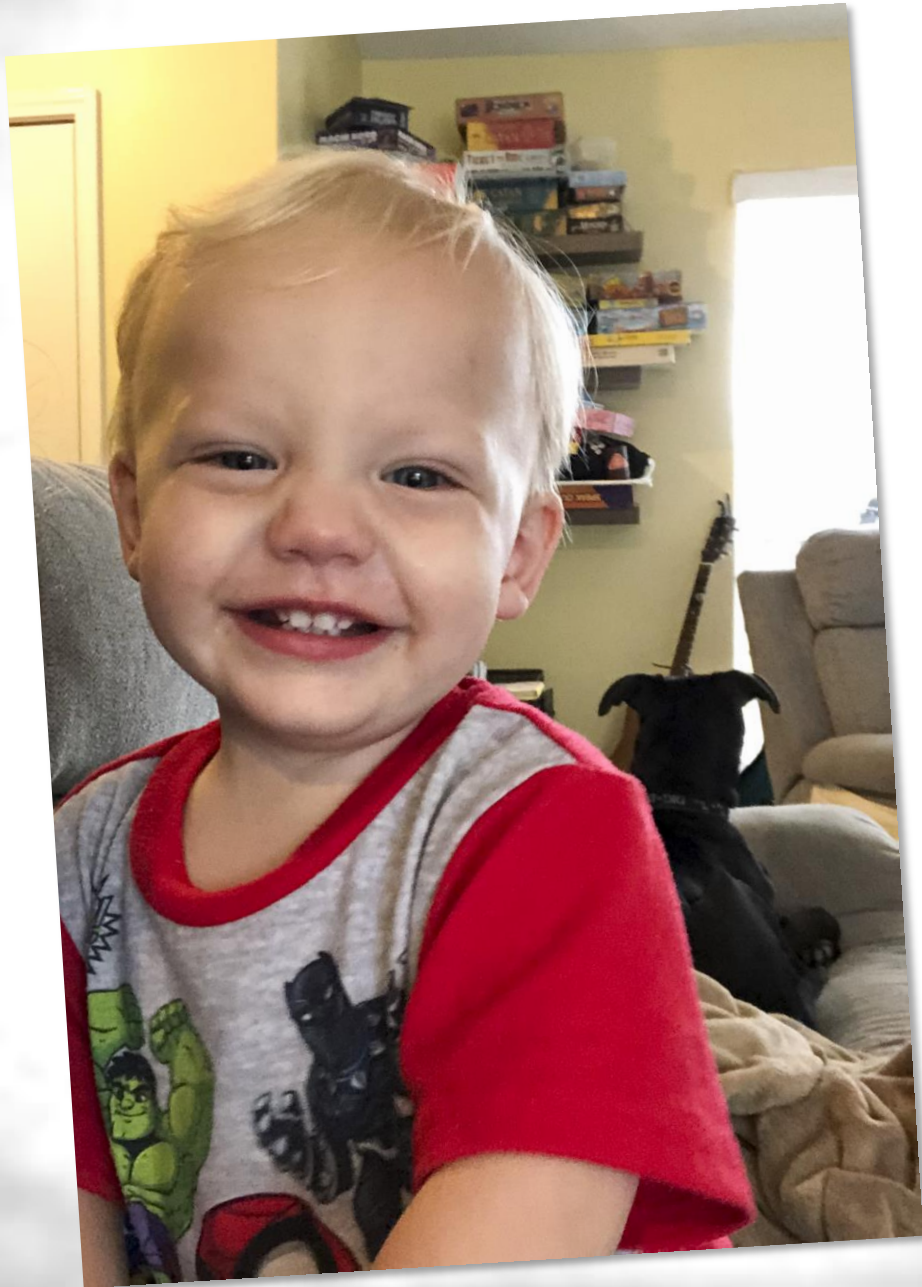
“²⁶ Look at the birds. They don’t plant or harvest or store food in barns, for your heavenly Father feeds them. And aren’t you far more valuable to him than they are? ²⁷ Can all your worries add a single moment to your life?

MATTHEW 6:26-30

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?





**A focus on
God's goodness
and power is a
Christ-centered
alternative to worry**



MATTHEW 6:26-30

³¹ “So don’t worry about these things, saying, ‘What will we eat? What will we drink? What will we wear?’ ³²These things dominate the thoughts of unbelievers, but your heavenly Father already knows all your needs.

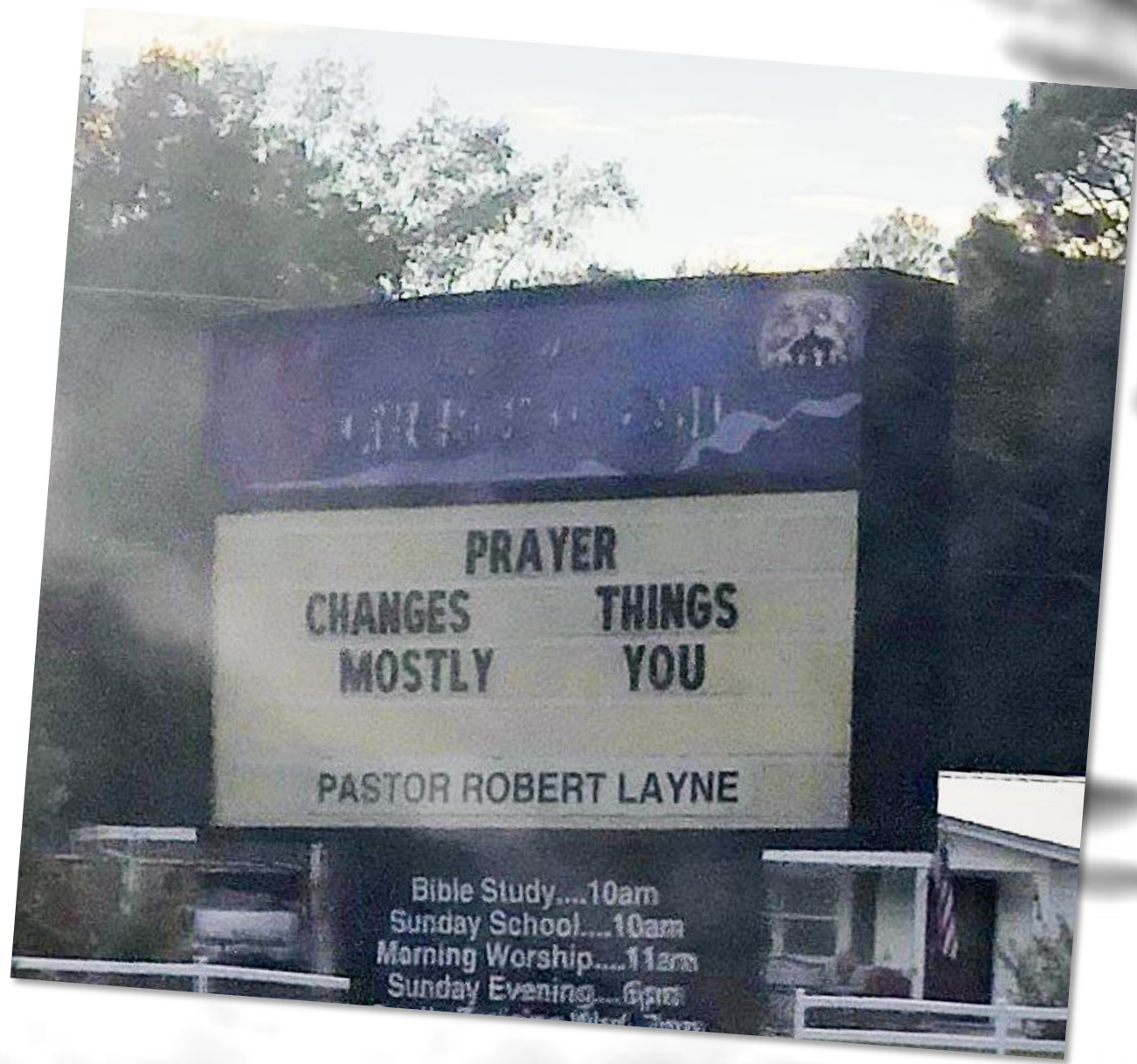
MATTHEW 6:26-30

³³Seek 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

**God's goodness and power is
with us in every "here and now"**





**An active trust in
God's goodness
and power leaves
no room for worry.**

