Crossroads International Church Singapore Dr. Rick Griffith

1 May 2016 Message 15 of 20

NLT 40 Minutes

**Trust or Worry**

Title

***Matthew 6:25-34***

**Topic:** Worry

**Subject:** How can you be free from worry?

**Complement:** Replace worry with trust.

**Purpose:** The listeners will replace worry with trust in God.

1/2

**Attribute:** We worship the God of Comfort

**Reading:** Matthew 6:25-34

**Song:** “In Christ Alone” or “Your Grace is Enough”

Worry on Wood

Full or Empty?

• Text

# Introduction

### Interest: What do you see? Tell your neighbor. Do you see a glass half empty or half full?

Glass

#### If the glass is half full, you are focusing on the water still there. You see a nice glass with clean, pure water to drink.

#### If the glass is half empty to you, maybe you wonder why. What happened to the water that used to be up to the top? Even worse, maybe there was never that much water in the first place.

### Need: Are you a worrier? Do you worry?

#### Do you find your mind wandering about the “what ifs…” in your life?

What if?

#### Are you concerned that you just don’t fit in at work?

Man worrying

#### Do you stock up stuff “just in case”?

Woman worrying

#### Are you at peace in life?

#### Do you carry baggage from the past?

#### Are you at rest about the future—or anxious about it?

Subject

### Subject: How can you be free from worry? What’s God’s prescription for anxiety?

### Background: In Jesus’ time, both the Pharisees and the common people worried.

#### Pharisees sought wealth to relieve worries about the future—just like us today.

Pharisees

#### The common people worried about food and clothes—that’s one reason so many came to hear Jesus teach, as it sometimes included a free lunch!

• Lunch

Feeding 5000

### Preview: Today we’ll see three ways not to worry.

Worried Eyes

### Text: Matthew 6:25-34 is the Bible’s best text to defeat worry.

(The first way to free you from worry is to…)

MP

# I. Realize that God feeds you while worry eats you up (6:25-27).

[Know the Lord gives you food—but anxiety doesn’t let you enjoy that food.]

## Don’t worry about food, drink, or clothes (6:25).

25

### What is the “therefore” there for (6:25)?

#### Well, Jesus just finished telling us to save for heaven rather than for earth.

Objection

#### Now Jesus anticipates a natural objection of his listeners: “If a person is occupied with the things of God, the true Master, how will he care for his ordinary needs in life, such as food, clothing, and shelter?” (Barbieri, “Matthew,” *BKC,* 2:33).

#### “The person who pursues money thinks that riches will solve his problems, when in reality, riches will create more problems! Material wealth gives a dangerous, false sense of security, and that feeling ends in tragedy” (Wiersbe, *BE Series*, 62).

Wiersbe Quote

Will Worry for Food

### What things does Jesus say not to worry about (6:25-34)?

4 Worries

#### Food

• Food

#### Drink

• Drink

#### Clothing

• Clothing

• Future

#### Future

#### We might think that Christ would address the need for shelter, but he actually doesn’t even mention it. He tells us that since God cares for plants and animals that are less valuable than us, we have reason to trust in God to care for us who are made in his image!

Birds Flying

### Do we really worry about food (6:25)?

#### Yes, definitely! Singaporeans typically ask, “Have you eaten?” I wonder if anyone is going hungry here in this prosperous nation!

#### Some friends have passed by hundreds of restaurants to get to the stall they love most—or one on the other side of the country that sells the same food for a dollar less!

#### We worry about where we going to eat after church! For some of us, this is really a big deal.

## God will feed you more than diligent birds as He values you more (6:26).

26

### Birds need an enormous amount of food daily—often twice their body weight! Yet God provides enough seed for them.

Bird Feeds Chicks

### You are worth far more than a bird to God!

27

## Worry doesn't help us live even one hour longer (6:27).

Quote 1

### Worry is like a rocking chair. It gives you some to do, but it doesn’t get you anywhere.

### Worry never robs tomorrow of its sorrow. It only saps today of its joy.

Quote 2

### Do people think that worry will give them a longer life (6:27)?

Man Headache

#### Well, I think we do this all the time.

#### We spend a great deal of our time planning for our retirement and saving for this time—all accompanied not by wise planning but by worry.

#### We worry if we will be healthy today and tomorrow. Worry causes many physical problems that ruin our health.

#### “Jesus said that worry is sinful. We may dignify worry by calling it by some other name—concern, burden, a cross to bear—but the results are still the same. Instead of helping us live longer, anxiety only makes life shorter (Matt. 6:27)” (Wiersbe, *BE Series*, 62).

### Worry won’t lengthen your life, but it likely will shorten it.

MPI

Subject

(So how can you be free from worry? Realize that God feeds you while worry eats you up. The second way to free you from worry is to…)

# II. Realize that God clothes nature without any worry (6:28-30).

MP

[Know that God provides your garments whether you fret about them or not.]

## Don’t worry about clothes (6:28a).

28a

### Do we really worry about clothing (6:26)?

#### Unfortunately, Madison Avenue tells us to worry about clothing to pad their pocketbooks.

Worry Clothes

Madison Avenue

#### Are our clothes really too old or out of style—every year? Must styles change so fast?

#### “I have enough clothes and shoes. I don’t need to go shopping ever again,” said No Woman Ever.

Said No Woman

#### Don’t we all have enough pants, shirts, blouses, and dresses? Why must we worry about such things?

Closet

### “The Pharisees in their pursuit of material things had never learned to live by faith” (Barbieri, “Matthew,” *BKC,* 2:33).

### Wealth insulates us from the life of faith. That’s why one of my Singapore friends decided that his $40,000 a month job would be a hindrance to him. He even made as much as $80,000 monthly 20 years ago! He went away as a missionary and now he makes less than $40,000 a *year*, but God has taken care of him and his wife. He’s also full of joy!

Wealth Insulates

Title

Title

## God clothes lilies even better than he clothed Solomon (6:28b-29).

28b-29

## God cares for passing grass, so he’ll care for precious people like us (6:30).

30

MPI

Subject

MPII

(So how can you be free from worry? Realize that God feeds you while worry eats you up and that God clothes nature without nature worrying. The third way to free you from worry is to…)

# III. Trust God that you’ll rule with Jesus (6:31-34).

MP

[Believe that God’s coming kingdom includes you if you don’t worry.]

## Therefore, replace worry with seeking Christ’s rule on earth (6:31-33).

31-33

### To worry about material things is to live like pagans (6:31-32).

Worry Re: Worrying

### What does it mean to seek God’s kingdom (6:33)?

Seek First Kingdom

#### We typically seek our own comfort first—our own agenda. It’s seen in how we talk:

##### We ask kids, “What do *you* want to be when you grow up?” Instead, we should ask them, “What do you believe *God wants* you to be when you grow up?”

##### Linked-In tells me to position myself and make all the right connections for my next job, assuming that I am dissatisfied right now.

#### God, instead, tells us to plan for the time when Jesus will rule on this earth!

KOG Chart

## Therefore, replace cares for tomorrow with trust in God today (6:34).

34

### How will tomorrow worry about itself (6:34a)?

#### Time does not worry, of course.

Strength

#### Don’t worry about tomorrow—God is already there! As Wiersbe notes, “Worrying about tomorrow does not help either tomorrow or today. If anything, it robs us of our effectiveness today—which means we will be even less effective tomorrow. Someone has said that the average person is crucifying himself between two thieves: the regrets of yesterday and the worries about tomorrow. It is right to plan for the future and even to save for the future (2 Cor. 12:14; 1 Tim. 5:8). But it is a sin to worry about the future and permit tomorrow to rob today of its blessings” (Wiersbe, *BE Series*, 62).

God is There

### Is that negative to say that each day has enough trouble of its own (6:34b)?

#### Not really. Jesus is saying that we can only handle so much.

#### Jesus is actually saying that each day has enough challenges.

#### God has not given us grace for tomorrow just yet. But that grace will come tomorrow in full supply.

Subject

(So back to our original question…How can you be free from worry?)

# Conclusion

MI

### Replace worry with trust (Main Idea).

### Believe God instead of being anxious (MI restated).

### How can you be free from worry (MPs)?

MPI

#### Realize that God feeds you while worry eats you up (6:25-27).

MPII

#### Realize that God clothes nature without any worry (6:28-30).

#### Trust God that you’ll rule with Jesus (6:31-34).

MPIII

### Exhortation

#### Jesus told us three times in this text, “Don’t worry.”

3 X

####  Basically, stop when you’re at Why Worry Lane!

STOP

#### Maybe looking at it like this flow chart can help you not to worry [explain].

Flow Chart

#### When you seek his kingdom first, you can say, “I am too positive to be doubtful, too optimistic to be fearful and too determined to be defeated.”

Lion

### So what are you worrying about? Give it to Him and seek his Kingdom.

### Prayer

Prayer

# Preliminary Questions

**Verses Questions**

# Context: What did the author record just prior to this passage?

### In the Sermon on the Mount (Matt 5–7), Jesus first showed that his internal dynamic is far better than the Pharisee teaching of external observance (Matt 5).

### He then showed in Matthew 6:1-24 that true reward didn’t come from Pharisee practice or piety for public consumption. Instead, we should give, pray, fast, and invest in light of heavenly treasure—not for man to see.

# Purpose: Why is this passage in the Bible? (See question 1 below)

### Now Jesus anticipates a natural objection of his listeners: “If a person is occupied with the things of God, the true Master, how will he care for his ordinary needs in life, such as food, clothing, and shelter?” (Barbieri, “Matthew,” *BKC,* 2:33).

### We might think that Christ would address the need for shelter, but he actually doesn’t even mention it. He tells us that since God cares for plants and animals who are less valuable than us, we have reason to trust in God to care for us who are made in his image!

# Background: What historical context helps us understand this passage?

### “The Pharisees in their pursuit of material things had never learned to live by faith” (Barbieri, “Matthew,” *BKC,* 2:33).

### Wealth insulates us from the life of faith. That’s why one of my Singapore friends who went away as a missionary decided that his $40,000 a month job would be a hindrance to him. He even made as much as $80,000 monthly 20 years ago! Now he makes less than $40,000 a *year*, but God ahs taken care of him and his wife.

# Questions

### What is the “therefore” there for (6:25)?

#### Jesus just finished telling us to save for heaven rather than for earth.

#### Now Jesus anticipates a natural objection of his listeners: “If a person is occupied with the things of God, the true Master, how will he care for his ordinary needs in life, such as food, clothing, and shelter?” (Barbieri, “Matthew,” *BKC,* 2:33).

#### We might think that Christ would address the need for shelter, but he actually doesn’t even mention it. He tells us that since God cares for plants and animals that are less valuable than us, we have reason to trust in God to care for us who are made in his image!

#### “The person who pursues money thinks that riches will solve his problems, when in reality, riches will create more problems! Material wealth gives a dangerous, false sense of security, and that feeling ends in tragedy” (Wiersbe, *BE Series*, 62).

### What things does Jesus say not to worry about (6:25-34)?

#### Food

#### Clothing

#### Future

### Do we really worry about food (6:25)?

#### Yes, definitely! Singaporeans typically ask, “Have you eaten?” I wonder if anyone is going hungry here in this prosperous nation!

#### Some friends have passed by hundreds of restaurants to get to the stall they love most—or one on the other side of the country that sells the same food for a dollar less!

#### We worry about where we going to eat after church! For some of us, this is really a big deal.

### Do we really worry about clothing (6:26)?

#### Unfortunately, Madison Avenue tells us to worry about clothing to pad their pocketbooks.

#### Or clothes are deemed too old or out of style—every year! Must styles change so fast?

#### Don’t we all have enough pants, shirts, blouses, and dresses? Why must we worry about such things?

### Do people think that worry will give them a longer life (6:27)?

#### Well, I think we do this all the time.

#### We spend a great deal of our time planning for our retirement and saving for this time—all accompanied not by wise planning but by worry.

#### We worry if we will be healthy today and tomorrow. Worry causes many physical problems that ruin our health.

#### “Jesus said that worry is sinful. We may dignify worry by calling it by some other name—concern, burden, a cross to bear—but the results are still the same. Instead of helping us live longer, anxiety only makes life shorter (Matt. 6:27)” (Wiersbe, *BE Series*, 62).

### What does it mean to seek God’s kingdom (6:33)?

#### We typically seek our own comfort first—our own agenda. It’s seen in how we talk:

##### We ask kids, “What do *you* want to be when you grow up?” Instead, we should ask them, “What do you believe *God wants* you to be when you grow up?”

##### Linked-In tells me to position myself and make all the right connections for my next job, assuming that I am dissatisfied right now.

#### God, instead, tells us to plan for the time when Jesus will rule on this earth!

### How will tomorrow worry about itself (6:34)?

#### Time does not worry, of course.

#### Jesus is actually saying that each day has enough challenges.

#### God has not given us grace for tomorrow just yet. But that grace will come tomorrow in full supply.

#### **“Loss of joy today (v. 34).** Worrying about tomorrow does not help either tomorrow or today. If anything, it robs us of our effectiveness today—which means we will be even less effective tomorrow. Someone has said that the average person is crucifying himself between two thieves: the regrets of yesterday and the worries about tomorrow. It is right to plan for the future and even to save for the future (2 Cor. 12:14; 1 Tim. 5:8). But it is a sin to worry about the future and permit tomorrow to rob today of its blessings” (Wiersbe, *BE Series*, 62).

# Tentative Subject/Complement Statements

Text

# Possible Illustrations

### We worry about where we going to eat after church

# Possible Applications

### Text

# Life of Christ Outline of Christ's Authority to Interpret the Law

**§§ 54-56**

# *Exegetical Idea*: In response to the crowds' interest in the righteousness necessary for kingdom entrance, Christ's Sermon on the Mount shows the holiness of God by teaching the characteristics of the kingdom's subjects, His superiority over the Law, and instruction to those entering the kingdom in order to discredit Pharisaic righteousness and to offer Himself as the sole basis for kingdom entrance (Matt 5:1–7:29; Luke 6:17-42).

# *Exegetical Idea*: The traits of those who trust Christ as King in the Sermon on the Mount are holiness and trust in Christ’s authority over the Law and oral tradition (Matt 5:1–7:29; Luke 6:17-42).

# I. The Subjects of the Kingdom § 54: People entering Messiah's kingdom should show holiness instead of mere Pharisaical observances (Matt 5:1-16; Luke 6:17-26).

## The response a holy believer should have to the benefits and persecution related to trusting Christ as King is joy (Matt 5:1-12).

### The setting of the sermon shows Jesus taking the role of a rabbi to teach the disciples the response of those embracing him as king (Matt 5:1-2; Luke 6:17-19).

#### Jesus saw the crowds and sat down on a mountainside (1a).

#### Jesus began teaching his disciples who showed initiative to listen (1b-2).

### The benefits of trusting Christ as King are many (Matt 5:3-11; Luke 6:20-26).

#### *Depending on God* leads to a **rich experience of life** (5:3).

#### *Admitting our needs* leads to **receiving God’s comfort** (5:4).

#### *Humility* now brings **honor in the millennial kingdom** (5:5).

#### *Holiness* gives a **deep satisfaction** in life (5:6).

#### *Showing mercy* to others leads to **receiving mercy from God** (5:7).

#### A *pure lifestyle* results in **seeing God in our lives** today (5:8).

#### *Making peace* with others enables us to **be God’s channel** (5:9).

#### *Persecution for Christ* gives us a **rich experience of life** (5:10-11).

### The response a believer should have towards persecution is joy over his heavenly reward and identification with persecuted OT prophets (5:12).

## The way believers should bless others is to direct them to God (Matt 5:13-16).

### The way believers should bless others is by helping them hunger for God (5:13).

#### Christians function like salt to create hunger for God in others (5:13a).

#### Christians who don’t create a hunger for God in others are useless (5:13b).

### The way believers should bless others is by helping them praise God by the good works they do (5:14-16).

#### Christians are lights to show people to God (5:14a).

#### A city on a hill and a lamp help others see the way to go (5:14b-15).

#### Be “light” through good deeds to help others praise God (5:16).

# II. The Relation of the King to the Law § 55: Christ rejects the Pharisaic views of the law that the disciples might know the proper type of righteousness necessary to enter the kingdom (Matt 5:17–7:6; Luke 6:27-42).

## The way believers will be rewarded is by obeying and teaching the true spirit of Old Testament until all it says about Jesus comes true (5:17-20).

### The time the OT will disappear is when all it prophesies about Jesus comes true (5:17-18).

#### Jesus came to fulfill the OT rather than abolish it (5:17).

#### The OT won’t disappear until every prophecy about Christ is fulfilled in the eternal state (5:18).

### The way believers will be rewarded is by obeying and teaching the true spirit of Old Testament (5:19-20).

#### Our level of millennial rewards depends on practicing and teaching the true spirit of Old Testament (5:19).

#### We won’t even enter the millennium apart from internal holiness in Christ rather than external piety of the Pharisees (5:20).

## Christ rejected the Pharisaic righteousness as unable to bring one into the kingdom to teach that the second table of the law demanding proper conduct towards others should also be followed (Matt 5:21-48).

### **Murder**: One surpassing Pharisaic righteousness will not only preserve life but will avoid the anger, hatred and poor relationships that eventually lead to murder (Matt 5:21-26).

### **Adultery**: One surpassing Pharisaic righteousness will not only be faithful to his spouse but will shun the lust that causes adultery (Matt 5:27-30).

### **Divorce**: One surpassing Pharisaic righteousness will not only never divorce his wife without legal documentation but will never divorce his wife at all lest this cause her and her future husband to both commit adultery when she remarries (Matt 5:31-32).

### **Oaths**: One surpassing Pharisaic righteousness will not only take oaths when affirming something which could be taken in more than one way but will have trustworthy speech at all times so oath-taking becomes unnecessary (Matt 5:33-37).

### **Retaliation**: One surpassing Pharisaic righteousness will not demand his right for retaliation but give up such rights as a characteristic of righteousness and godliness (Matt 5:38-42).

### **Love**: One surpassing Pharisaic righteousness will not only love his neighbor who will repay favors but will love his enemy as well who will never repay favors (Matt 5:43-48; Luke 6:27-30, 32-36).

## Christ rejected six Pharisaic practices of the law that misconstrued its real intent to instruct why Pharisaic righteousness is not able to bring one into the kingdom since their hypocritical practices were directed man-ward for a reputation of piety rather than God-ward in true righteousness (Matt 6:1–7:6; Luke 6:37-42).

### Almsgiving: Public almsgiving of the Pharisees is repudiated for being performed to **demonstrate** piety rather than to demonstrate the love of God by meeting a need (Matt 6:1-4).

### **Prayer**: Public prayer of the Pharisees for human approval is repudiated for being performed to demonstrate piety and private prayer is encouraged which includes worship, supplication for God's work and personal needs, confession, prayer for protection and a forgiving spirit (Matt 6:5-15).

### **Fasting**: Public fasting of the Pharisees is repudiated for being performed to demonstrate piety rather than done privately before God to receive reward only from Him (Matt 6:16-18).

### **Eternal Investments**: Hoarding wealth as a sign of God's approval by the Pharisees is repudiated for being only temporary and making eternal investments is encouraged since they last into eternity and cannot be lost (Matt 6:19-24).

### **Worry**: Lack of faith by the Pharisees shown in trusting accumulated money is repudiated by an encouragement to replace worry about food and clothing with trust in God's daily provisions as one seeks the kingdom's arrival (Matt 6:25-34).

### **Judging**: Setting oneself up as judges and as the standard of judgment of the Pharisees is repudiated for being performed by claiming knowledge of the motive behind the action whereas God's righteousness demanded that one not judge until his own life has been purified (Matt 7:1-6; Luke 6:37-42).

# III. Instruction to Those Who Would Enter the Kingdom § 56: Christ knew that, in spite of the Pharisees' rejection, some would receive His teaching and would want to know how to enter the kingdom so He instructs those who desire to enter the kingdom in some pertinent areas (Matt 7:7-29).

## **Persistent prayer** will be answered because of God's nature as a Father makes sure His children's needs are met, not because of the endless repetitions of the Pharisees (Matt 7:7-12; Luke 6:31, 43-45).

## **The invitation to receive Christ** and enter the kingdom is given by declaring that He alone is the true, narrow way of access, not the false, broad way of the Pharisees that ultimately ended in exclusion from the kingdom and destruction (Matt 7:13-14).

## **False prophets** like the Pharisees have unrighteous lifestyles and will be judged because, while outwardly they fulfilled the requirements of the law, inwardly they lacked the relationship with the King that was the requisite for entrance into the kingdom (Matt 7:15-23).

## **Another invitation** to reject Pharisaism and accept Christ is given in a contrast between one who accepts the King's word and trusts His person and one who rejects His words and person, thus revealing that the destiny of those who hear Christ's words would be determined by their response to His message (Matt 7:24–8:1; Luke 6:46-49).

**Trust or Worry**

***Matthew 6:25-34***

**Exegetical Outline (Steps 2-3)**

# *Exegetical Idea*: The way to defeat worry about food and clothes is to trust God that you’ll rule with Jesus (6:25-34).

# I. The way to defeat worry about food is to see that God feeds us while worry starves us (6:25-27).

## Don’t worry about food, drink, or clothes (6:25).

## God will feed you more than diligent birds as He values you more (6:26).

## Worry doesn't help us live even one hour longer (6:27).

# II. The way to defeat worry about clothes is to see that God clothes nature without any worry (6:28-30).

## Don’t worry about clothes (6:28a).

## God clothes lilies even better than he clothed Solomon (6:28b-29).

## God cares for passing grass, so he’ll care for precious people like us (6:30).

# III. The way to defeat worry about food and clothes is to trust God that you’ll rule with Jesus (6:31-34).

## Therefore, replace worry with seeking Christ’s rule on earth (6:31-33).

## Therefore, replace cares for tomorrow with trust in God today (6:34).

**Purpose or Desired Listener Response (Step 4)**

The listeners will replace worry with trust in God.

**Homiletical Outline** (Cyclical inductive form)

# Introduction

### Interest: Do you see a glass half empty or half full?

### Need: Are you a worrier?

### Subject: How can you be free from worry?

### Background: Both Pharisees and the common people worried.

#### Pharisees sought wealth to relieve worries about the future.

#### The people worried about food and clothes.

### Preview: Today we’ll see three ways not to worry.

### Text: Matthew 6:25-34 is the Bible’s best text to defeat worry.

(The first way to free you from worry is to…)

# I. Realize that God feeds you while worry eats you up (6:25-27).

## Don’t worry about food, drink, or clothes (6:25).

## God will feed you more than diligent birds as He values you more (6:26).

## Worry doesn't help us live even one hour longer (6:27).

 (The second way to free you from worry is to…)

# II. Realize that God clothes nature without any worry (6:28-30).

## Don’t worry about clothes (6:28a).

## God clothes lilies even better than he clothed Solomon (6:28b-29).

## God cares for passing grass, so he’ll care for precious people like us (6:30).

 (The third way to free you from worry is to…)

# III. Trust God that you’ll rule with Jesus (6:31-34).

## Therefore, replace worry with seeking Christ’s rule on earth (6:31-33).

## Therefore, replace cares for tomorrow with trust in God today (6:34).

 (How can you be free from worry?)

# Conclusion

### Replace worry with trust (Main Idea).

### Believe God instead of being anxious (MI restated).

### How can you be free from worry (MPs)?

#### Realize that God feeds you while worry eats you up (6:25-27).

#### Realize that God clothes nature without any worry (6:28-30).

#### Trust God that you’ll rule with Jesus (6:31-34).

### Exhortation

### Prayer

****

**Rick Griffith**

1 May 2016

Message 15 of 20

**Trust or Worry**

***Matthew 6:25-34***

# Introduction

### How do you look at a glass?

### Are you a worrier?

### How can you be free from \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_?

# I. Realize that God \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ you while worry eats you up (6:25-27).

## Don’t worry about food, drink, or clothes (6:25).

## God will feed you more than diligent birds as He values you more (6:26).

## Worry doesn't help us live even one hour longer (6:27).

# II. Realize that God \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ nature without any worry (6:28-30).

## Don’t worry about clothes (6:28a).

## God clothes lilies even better than he clothed Solomon (6:28b-29).

## God cares for passing grass, so he’ll care for precious people like us (6:30).

# III. Trust God that you’ll \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ with Jesus (6:31-34).

## Therefore, replace worry with seeking Christ’s rule on earth (6:31-33).



## Therefore, replace cares for tomorrow with trust in God today (6:34).

(How can you be free from worry?)

# Conclusion

### Replace worry with \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (Main Idea).

### Believe God instead of being anxious!

### How can you worry less?

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