

“HOW TO BREAK THE WORRY HABIT ”

INTRODUCTION: “WORRY”

- Old English means _____.
- The Greek word mean _____.

FIVE REASONS WHY YOU SHOULD NOT WORRY

1. Worry is _____.

Matthew 6:25 “Therefore I tell you do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more important than food; and the body more important than clothes.”

- More to _____.
- Think more about the _____, and not about the _____.
- Worry always gets _____.

2. Worry is _____.

Matthew 6:26 “Look at the birds of the air; they don’t sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they?”

- Birds are God’s _____ !

Matthew 6:28, 29 “And why do you worry about clothes? See how the lilies 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.”

- _____do not worry.
- _____do not worry.
- _____do worry.

Psalms 145: 16 “...(God) satisfies the desires of every living thing.”

- It is not so much what you _____ !
- It is what _____you!

Proverbs 14:30 “A heart at peace gives life to the body...”

3. Worry is _____.

Matthew 6;27 “Who of you by worrying can add a single hour to his life?”

- Worry _____ life.
-
- Worry is _____ without doing.

4. Worry is _____.

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, O you of little faith?"

- God has _____ to take care of you.
- God has _____ responsibility for your needs.

Philippians 4:19 "My God shall supply all your needs according to His resources."

- Worry is the opposite of _____.

5. Worry is _____.

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 these things, and your heavenly Father knows that you need them."

- Worry is acting like an _____.
- Worry is _____ atheism.
- Worry is _____ god.
- Worry is a _____ testimony.

THREE THING HOW TO BREAK THE WORRY HABIT

1. Put your _____ on God.
2. Put God _____ in your life.
3. Put your _____ in God alone.

Conclusion: "Therefore"

Matthew 6:24 ²⁴ "No one can serve two masters, for either he will hate the one and love the other, or he will be devoted to the one and despise the other. You cannot serve God and money."