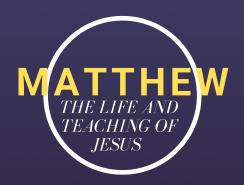




25 "Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more than food, and the body more than clothes? 26 Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they?

27 Can any one of you by worrying add a single hour to your life? 28 "And why do you worry about clothes? See how the flowers of the field grow. They do not labor or spin. 29 Yet I tell you that not even Solomon in all his splendor was dressed like one of these.

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—you of little faith?

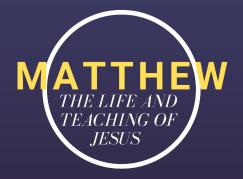


31 So do not worry, saying, What shall we eat?' or What shall we wear?' 32 For the pagans run after all these things, and your heavenly Father knows that you need them.

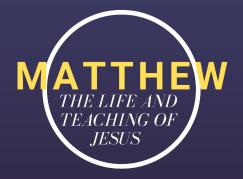


33 But seek first his kingdom and his righteousness, and all these things will be given to you as well. 34 Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own."



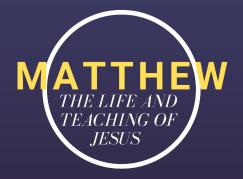


"Those with faith in God's provision will not worry and will reject the pursuits and values of unbelievers... This attitude removes people from preoccupation with their own worldly success; it discourages the wealthy and the comfortable from concentrating on their own success and the poor and uncomfortable from concentrating on their own misery."

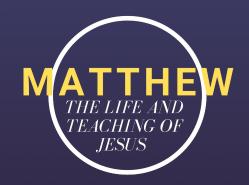


You are probably well into worry...

- 1. When the thing you are concerned about is the first thing you think about in the morning and the last thing you think about at night.
- 2. When you find yourself thinking about it during every spare moment.
- 3. When you find yourself bringing it up in every conversation you have.

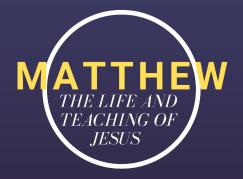


"Let us give up our work, our plans, ourselves, our lives, our loved ones, our influence, our all, right into [God's] hand; and then, when we have given all over to Him, there will be nothing left for us to be troubled about."



Philippians 4:6-8

6 Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. 7 And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. 8 Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable if anything is excellent or praiseworthy think about such things."



"In a way it isn't fair to use this argument to praise animal behavior, because such creatures do not have the intelligence it takes to be a worrier. However, the fact remains that to engage our more fertile brains with such anxious care is both foolish and sinful. It is foolish for the Christian because it doesn't help the situation, and it is sinful because all anxiety is practical atheism, a lack of genuine trust in God. Jesus pointed out that we have a Heavenly Father who provides for birds and lilies, and that He places a far greater value upon us than upon them. Therefore, the antidote to anxiety is a childlike trust in God which enables us to live one day at a time. We are not to be heedless (reckless) about tomorrow, but we are to be free from undue concern over it."

