

Worry Warts Anonymous

Worry does not take away tomorrow's difficulties, but it does take away your peace for today.

What does Jesus
say about
worry?

- **Worry is needless.**
- **Mat 6:25 Therefore I say unto you, Take no thought for your life, what ye shall eat, or what ye shall drink; nor yet for your body, what ye shall put on. Is not the life more than meat, and the body than raiment?**

Jesus said worry
is senseless.

- **Mat 6:26 Behold the fowls of the air:** for they sow not, neither do they reap, nor gather into barns; **yet your heavenly Father feedeth them.** Are ye not much better than they?

Jesus also said
worry is useless!

- Mat 6:27 Which of you by taking thought can **add one cubit** unto **his stature**?

Jesus said that
worry is
faithless.

- **Consider your clothing**

Mat 6:28 **And why take ye thought for raiment? Consider the lilies of the field, how they grow; they toil not, neither do they spin:**

Consider God's
example.

- Mat 6:29 And yet I say unto you, That even Solomon in all his glory was not arrayed like one of these.
- Mat 6:30 Wherefore, **if God so clothe the grass of the field,** which to day is, and to morrow is cast into the oven, ***shall he not much more clothe you, O ye of little faith?***

Jesus said that
worry is SINFUL.

- **Because it violates God's command.**
- **Mat 6:31 Therefore take no thought,** saying, What shall we eat? or, What shall we drink? or, Wherewithal shall we be clothed?

Worry is sinful also
because it vilifies
the heathen.

- **Mat 6:32 (For after all these things do the Gentiles seek:)**
for your heavenly Father
knoweth that ye have need of
all these things.

Worry also verifies
DOUBT that God
will supply.

- Mat 6:32 (For after all these things do the Gentiles seek:) **for your heavenly Father knoweth that ye have need of all these things.**

List the things
that worry you.

- **40% never happen**
- **30% are over & past**
- **12% are needless health worries**
- **10% are unfounded possibilities**
- **8% are real, tangible concerns**

The key to victory over your worry is in Jesus' recurring statement.

- Mat 6:25 Therefore I say unto you, **Take no thought**
- Mat 6:27 Which of you by **taking thought**
- Mat 6:28 And why **take ye thought** for raiment?
- Mat 6:31 Therefore **take no thought,**