

BREAKING OUT OF THE WORRY RUT
re.sil.ience – Part 2
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March 29 & 30, 2008

Proverbs 12:25; 14:30

Matthew 6:25-34

Jesus – “Therefore I tell you, do not worry about your life, ...”
Matthew 6:25 (NIV)

GETTING OUT FROM UNDER THE WEIGHT OF WORRY

1. Understand _____.

“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?” Matthew 6:25 (NIV)

“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?” Matthew 6:26 (NIV)

“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. 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?” Matthew 6:28-30 (NIV)

2. Remind _____.

“Who of you by worrying can add a single hour to his life?”
Matthew 6:27 (NIV)

3. Trust _____.

“...will he not much more clothe you, O you of little faith?”
Matthew 6:30b (NIV)

“So do not worry, saying, ‘What shall we eat?’ or ‘What shall we drink?’ or ‘What shall we wear?’ For the pagans run after all these things, and your heavenly Father knows that you need them.” Matthew 6:31, 32 (NIV)

Philippians 4:19

4. Make _____.

“But seek first his kingdom and his righteousness, and all these things will be given to you as well.” Matthew 6:33 (NIV)

Matthew 6:24

5. Take _____.

“Therefore, do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.” Matthew 6:34 (NIV)

Luke 14:28-33