

WORRY PREVENTION
August 16, 2020

Matthew 6:25-34

Three keys to worry prevention:

1. _____ the Lord is your Father.

Matthew 6:31-32 (NIV)

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

Those who are **not** born-again (and thus do not have the Lord as their Father) have good reason to worry!

Those who **are** born-again and have the Lord as their Father, have good reason **not** to worry.

Have you asked Jesus to come into your life as your Lord and Savior?

2. Put first things _____.

Matthew 6:33 (NIV)

But seek first his kingdom and his righteousness, and all these things will be given to you as well.

All a young child, who has good parents, has to do to stay safe and provided for, is stay _____ and let them take care of him/her.

It's the same with us and the Lord.

seek first His kingdom = _____ and _____ Him
and his righteousness

Are you doing that?

The Prodigal Son: *Luke 15:11-20*

Christian, are you home?

Jesus is saying, "You concern yourself with trusting and obeying Me and I'll take care of the rest."

What does it mean that He will take care of the rest?

Does this mean that I'll get all I want? _____

It is more likely that He will change _____ and what I _____.

Paul - *Philippians 3:8*

Does this mean I don't need to do anything to take care of myself? _____

Matthew 6:26 (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?

Do birds need to make an effort to get what they need? _____

So do we!

But it is _____ who makes our efforts fruitful.

3. Take _____ at a time.

Matthew 6:34 (NIV)

Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.

The only time we live in is _____.

The past is gone.

Tomorrow isn't here yet.

We only really have "today".