

A heavenly scene featuring a path of white clouds leading towards a blue ornate gate. The gate is flanked by golden columns. The sky is bright blue with white clouds. The text "Winning over worry" is overlaid in the center.

Winning over worry

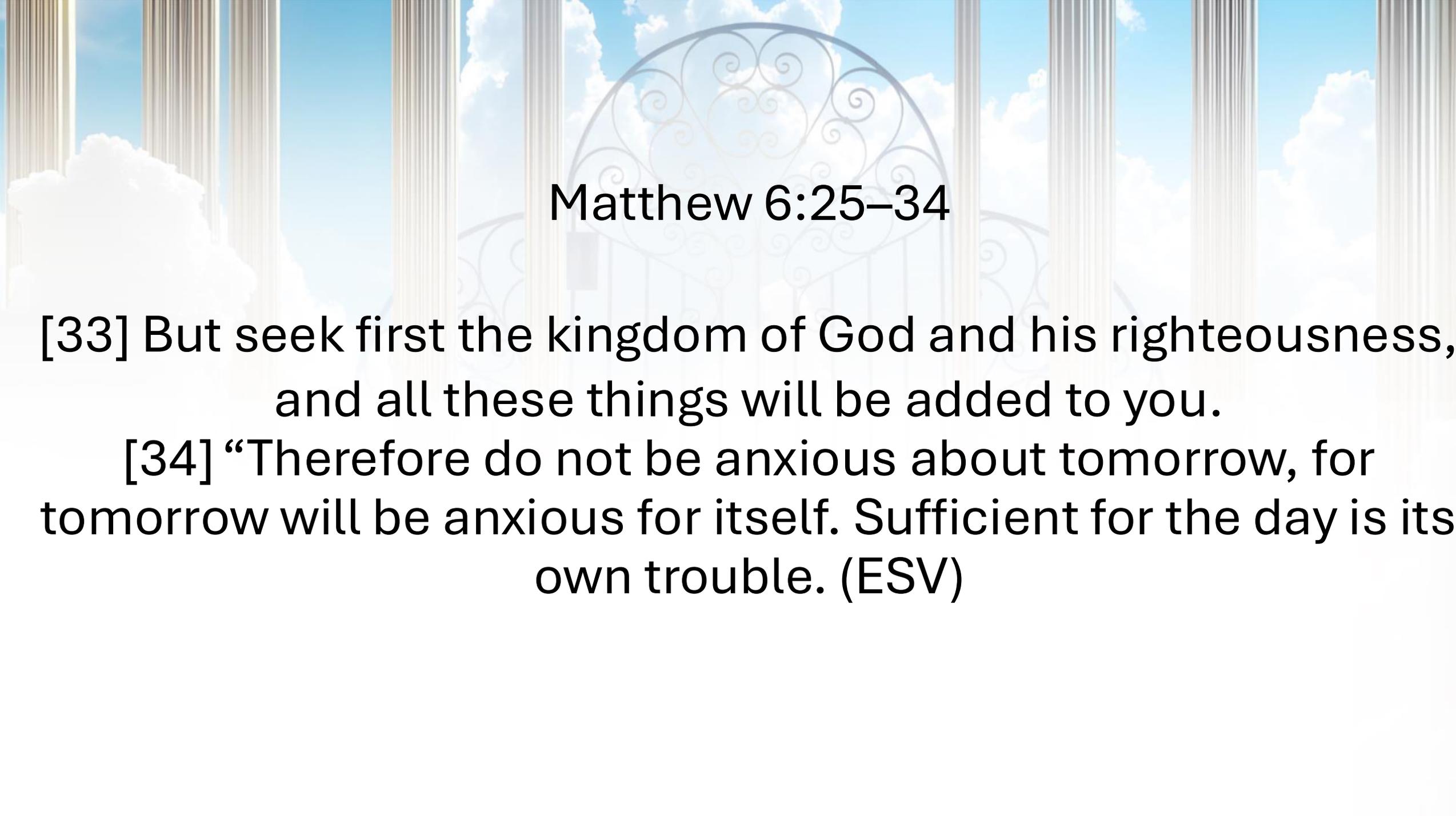
Matthew 6:25-34

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[25] “Therefore I tell you, do not be anxious about your life, what you will eat or what you will drink, nor about your body, what you will put on. Is not life more than food, and the body more than clothing? [26] Look at the birds of the air: they neither sow nor reap nor gather into barns, and yet your heavenly Father feeds them. Are you not of more value than they? [27] And which of you by being anxious can add a single hour to his span of life? [28] And why are you anxious about clothing? Consider the lilies of the field, how they grow: they neither toil nor spin,

Matthew 6:25–34

[29] yet I tell you, even Solomon in all his glory was not arrayed like one of these. [30] But if God so clothes the grass of the field, which today is alive and tomorrow is thrown into the oven, will he not much more clothe you, O you of little faith? [31] Therefore do not be anxious, saying, ‘What shall we eat?’ or ‘What shall we drink?’ or ‘What shall we wear?’ [32] For the Gentiles seek after all these things, and your heavenly Father knows that you need them all.



Matthew 6:25–34

[33] But seek first the kingdom of God and his righteousness,
and all these things will be added to you.

[34] “Therefore do not be anxious about tomorrow, for
tomorrow will be anxious for itself. Sufficient for the day is its
own trouble. (ESV)

How do you win over worry?

1. Seek God
2. Trust God



Seek God

Sincerely seeking God means that we seek God on His own terms, not ours

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Seeking God is a life-long process of transformation

Truly seeking God will affect how you manage all the areas of your life

Seek God

To be fair, I must warn you ...

Isaiah 55:6-9 (ESV)

6 “Seek the Lord while he may be found; call upon him while he is near; 7 let the wicked forsake his way, & the unrighteous man his thoughts; let him return to the Lord, that he may have compassion on him, and to our God, for he will abundantly pardon.

Trust God

Here's God plan for your life – “put me first, then I'll take care of everything else.”

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Fight unbelief (worry) ... with the promises of God

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Warren Wiersbe was right, “God's people live on promises not explanations. You can live on promises a long time if you trust the one who made the promise!”

Trust God

Instead of worrying...

Philippians 4:6–7 [6] do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. [7] And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.

The background features a series of vertical, fluted columns in a light beige color. In the center, there is a decorative archway with intricate, swirling scrollwork patterns. The sky is a clear, bright blue with scattered white clouds. The overall aesthetic is clean and classical.

How to win the battle with worry?

“If you seek God above everything then you can trust God in everything.”