



Week 4
DO NOT WORRY
Crossroads
January 29, 2023

- 👤 About _____ of adults in the United States struggle with worry and stress daily.
- 👤 We tend to experience _____ in our _____.
- 👤 We generally experience _____ in our _____.

Jesus Tells Us NOT To Worry About These Things:

- ▶ Money
- ▶ Food
- ▶ Body
- ▶ Clothes
- ▶ Future

"Therefore I tell you, do not worry..." (Matthew 6:25) (NIV)

"...You cannot serve both God and money." (Matthew 6:24) (NIV)

"Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear..." (Matthew 6:25) (NIV)

"Therefore do not worry about tomorrow, for tomorrow will worry about itself..." (Matthew 6:34) (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)

👤 **Concern** focuses on challenges and moves you to _____.

👤 **Worry** focuses on what's beyond our control and results in _____.

"Can any one of you by worrying add a single hour to your life?" (Matthew 6:27) (NIV)

✳️ **What you _____ reveals where you _____.**

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

What You're Worried About Today...

1. May never happen.

👤 _____ of their worries did not come true.

👤 Less than _____ of what you worry about will happen. But your worry will rob you of peace _____ of the time.

2. May happen and won't be as bad as you thought.

3. May happen and God will _____.

TALK IT OVER

1. **Read Matthew 6:33.** How could seeking God's kingdom impact your thought life and worries?

2. Talk about the difference between worry and concern. How could you change your worries into concern that moves you to action?

3. Share about a time when you worried about something that didn't actually happen or wasn't as bad as you thought. How could that experience impact how you handle worry this week?