



Daily Deciding Not To Worry
Sunday, May 15 | Tommy Duke
First Baptist Church of Garden City

Jesus Speaks About Worry

(Jesus) ²⁵ *“That is why I tell you not to worry about everyday life—whether you have enough food and drink, or enough clothes to wear. Isn’t life more than food, and your body more than clothing? ²⁶ Look at the birds. They don’t plant or harvest or store food in barns, for your heavenly Father feeds them. And aren’t you far more valuable to him than they are? ²⁷ Can all your worries add a single moment to your life?*

²⁸ *“And why worry about your clothing? Look at the lilies of the field and how they grow. They don’t work or make their clothing, ²⁹ yet Solomon in all his glory was not dressed as beautifully as they are. ³⁰ And if God cares so wonderfully for wildflowers that are here today and thrown into the fire tomorrow, he will certainly care for you. Why do you have so little faith?*

³¹ *“So don’t worry about these things, saying, ‘What will we eat? What will we drink? What will we wear?’*

³² *These things dominate the thoughts of unbelievers, but your heavenly Father already knows all your needs.*

³³ *Seek the Kingdom of God above all else, and live righteously, and he will give you everything you need.*

³⁴ *“So don’t worry about tomorrow, for tomorrow will bring its own worries. Today’s trouble is enough for today.” – Matthew 6:25-34 (NLT)*

LIVING WITHOUT WORRY DOESN’T MEAN I:

- **DISREGARD** _____.
- **DODGE** _____.
- **DECIDE TO BE** _____.

WHAT IS WORRY?

A STATE OF _____ OR DISTRACTION

(Jesus) *“Therefore I tell you, stop being worried or anxious (perpetually uneasy, distracted) about your life...”*
– Matthew 6:34 (AMP)

LIVING EACH DAY WITHOUT WORRY MEANS I MUST...

1. R_____ WHAT IS _____ ME TO WORRY.

(Jesus) *“That is why I tell you not to worry about everyday life—whether you have enough food and drink, or enough clothes to wear...”* – Matthew 6:25 (NLT)

“We destroy every proud obstacle that keeps people from knowing God. We capture their rebellious thoughts and teach them to obey Christ.” – 2 Corinthians 10:5 (NLT)

2. RECORD MY AREAS OF _____.

(Jesus) *“...Isn't life more than food, and your body more than clothing?”* – Matthew 6:25 (NLT)

“Fear of the Lord is the foundation of true wisdom. All who obey his commandments will grow in wisdom.”
– Psalm 111:10 (NLT)

3. R_____ MY WORRIES TO JESUS, THE _____.

“Give your burdens to the Lord, and he will take care of you...” – Psalm 55:22 (NLT)

“That evening the disciples came to him and said, ‘This is a remote place, and it’s already getting late. Send the crowds away so they can go to the villages and buy food for themselves.’ But Jesus said, ‘That isn’t necessary – you feed them.’ ‘But we have only five loaves of bread and two fish!’ they answered. ... About 5,000 men were fed that day, in addition to all the women and children!” – Matthew 14:15-17, 21 (NLT)

4. REMEMBER THE _____.

(Jesus) *“Can all your worries add a single moment to your life?”* – Matthew 6:27 (NLT)

“...Do not fret—it only causes harm.” – Psalm 37:8 (NKJV)

5. REFUSE TO _____ ON MY WORRIES.

(Jesus) *“So don't worry about these things, saying, ‘What will we eat? What will we drink? What will we wear?’”* – Matthew 6:31 (NLT)

“Don't worry about anything; instead, pray about everything.” – Philippians 4:6 (NLT)

6. R_____AND HIS GOALS FOR ME.

Memory Verse:

(Jesus) “*Seek the Kingdom of God above all else, and live righteously, and he will give you everything you need.*” – Matthew 6:33 (NLT)

“*Since you have been raised to new life with Christ, set your sights on the realities of heaven, where Christ sits in the place of honor at God’s right hand. Think about the things of heaven, not the things of earth.*”
– Colossians 3:1-2 (NLT)

7. RELY ON GOD’S PROVISION OF MY DAILY BREAD.

(Jesus) “*So don’t worry about tomorrow, for tomorrow will bring its own worries. Today’s trouble is enough for today.*” – Matthew 6:34 (NLT)

(Jesus) “*Give us today the food we need...*” – Matthew 6:11 (NLT)

MY NEXT STEP TODAY IS TO:

- Memorize Matthew 6:33.
- Take time to assess what is currently causing me to worry.
- Work to choose my faith in Jesus over fearing what might happen.
- Volunteer to serve at the FBC Community Block Party (June 5) and/or Vacation Bible School (June 12-16).

*Join us next Sunday, May 22, as we continue our *FEAR<LESS* teaching series and recognize our graduates.
It’s going to be another great Sunday!

*Bible verses are from the New King James Versions (NKJV)
or the New Living Translation (NLT) unless otherwise noted.*

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