

Matthew 6:25-29

²⁵ "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? 26 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? 27 Who of you by worrying can add a single hour to his life? 28 "And why do you worry about clothes? See how the lilies of the field grow. They do not labor or spin. 29 Yet I tell you that not even Solomon in all his splendor was dressed like one of these.

Matthew 6:30-34

³⁰ 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? 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. 33 But seek first his kingdom and his righteousness, and all these things will be given to you as well. 34 Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.

Chronic Worry Will Sabotage Our Ability to Thrive as Disciples

Mark 4:18-19

but the worries of this life, the deceitfulness of wealth and the desires for other things come in and choke the word, making it unfruitful.

You Have a Father Who Cares Deeply about What Is Most Essential for Your Well-Being

- Your sense of security and well-being is not found by acquiring abundance to meet your present and future needs.
- Your sense of security and well-being is found by pressing into and trusting your Father, who cares deeply about providing what is most essential for your well-being.

You Have a Father Who Cares Deeply about What Is Most Essential for Your Well-Being

1 Timothy 6:9

People who want to get rich fall into temptation and a trap and into many foolish and harmful desires that plunge men into ruin and destruction. For the love of money is a root of all kinds of evil. Some people, eager for money, have wandered from the faith and pierced themselves with many griefs. But you, man of God, flee from all this



