

"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? 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? Who of you by worrying can add a single hour to his life? Matthew 6:25-27 (NIV)

Faith And Trust

Don't worry. That's easier said than done. **How has worrying about tomorrow added value to your life today?** It hasn't, what do you suggest? **What I have in mind is not a suggestion. You have let worry control your life for far too long.** Yes, I have, I'm sure of that. What's the alternative? **You tell me.** I will tell you what has not worked. **What's that?** I have turned my worries into greater anxiety and harder work. **Has that helped?** No, it hasn't, not at all. No matter how hard I try I just cant stop worrying. **Maybe you should try a different approach.** Like what? **Would you like to stop worrying?** Yes, I would. **Are you ready to admit that worrying is a real problem in your life?** Yes, I am. I can't tell you how many opportunities I've passed up or avoided because of one kind of worry or another. **You think I don't know?** No, I'm sure that you know. **So, you want to stop worrying?** You bet, I do.

Do you think I have been telling you to just stop worrying? Isn't that what you have been telling me? **No, not really. Without a doubt I want you to stop worrying. Make no mistake about that.** I'm really confused. **What are some words that you think of when you think of the opposite of worry?** I think of faith and trust primarily. **What would you do if you had complete faith and trust in me?** I'm not sure what you mean. **If you had complete faith and trust in me would you talk to me about your worries?** Yes, I would. **If you had complete faith and trust in me would you believe that I will hear and answer your prayers?** Yes, I would. **If you had complete faith in trust in me would you believe that I will sustain your life and make you able to do whatever I ask of you?** Yes, I would.

So, if I'm not telling you to simply stop worrying what do you think I might be saying to you? You are asking me to place all my faith and trust in you. **Yes, I am.** You are asking me to talk to you about all my worries. **Yes, I am.** You are asking me to turn every one of my worries into a prayer to you. **Yes, I am.** You are asking me to believe that you will hear and answer my prayers. **Yes, I am.** You are asking me to believe that you will give me whatever I need to do whatever you ask of me. **Yes, I am.** **Why is that?** I will be able to overcome worry because you are with me to help me. **Yes, I am.** **How often am I with you to help you?** You are with me to help me all the time. **Yes, I am and you have no need to worry and every reason to have faith and trust in me.** Yes, I do and yes I will have faith and trust in you.

Heavenly Father, in the past I have turned my worries into greater anxiety and harder work. I have lived a stress filled life. I have not trusted you or relied on your help. Forgive me. I will stop worrying and start praying. I will turn my worries into prayers to you. Amen

Life*Do Not Worry*

"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? 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? Who of you by worrying can add a single hour to his life?"

NIV

Matthew 6:25-27

Life*Do Not Be Anxious*

"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? 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? And which of you by being anxious can add a single hour to his span of life?"

ESV

Matthew 6:25-27

Life*Not To Worry*

"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? 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? Can all your worries add a single moment to your life?"

NLT

Matthew 6:25-27

Life*Do Not Worry*

"Therefore I say to you, do not worry 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? Look at the birds of the air, for they neither sow nor reap nor gather into barns; yet your heavenly Father feeds them. Are you not of more value than they? Which of you by worrying can add one cubit to his stature?"

NKJV

Matthew 6:25-27

Life*Do Not Worry*

"Therefore I tell you, do not worry about your life, what you will eat or what you will drink, or about your body, what you will wear. Is not life more than food, and the body more than clothing? 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? And can any of you by worrying add a single hour to your span of life?"

NRSV

Matthew 6:25-27

Life*Don't Fuss About*

"If you decide for God, living a life of God-worship, it follows that you don't fuss about what's on the table at mealtimes or whether the clothes in your closet are in fashion. There is far more to your life than the food you put in your stomach, more to your outer appearance than the clothes you hang on your body. Look at the birds, free and unfettered, not tied down to a job description, careless in the care of God. And you count far more to him than birds. "Has anyone by fussing in front of the mirror ever gotten taller by so much as an inch?"

MSG

Matthew 6:25-27

Life*Stop Being Perpetually Uneasy*

Therefore I tell you, stop being perpetually uneasy (anxious and worried) about your life, what you shall eat or what you shall drink; or about your body, what you shall put on. Is not life greater [in quality] than food, and the body [far above and more excellent] than clothing? Look at the birds of the air; they neither sow nor reap nor gather into barns, and yet your heavenly Father keeps feeding them. Are you not worth much more than they? And who of you by worrying and being anxious can add one unit of measure (cubit) to his stature or to the span of his life?"

AMP

Matthew 6:25-27

Life*Don't Worry About Things*

"So my counsel is: Don't worry about things—food, drink, and clothes. For you already have life and a body—and they are far more important than what to eat and wear. Look at the birds! They don't worry about what to eat—they don't need to sow or reap or store up food—for your heavenly Father feeds them. And you are far more valuable to him than they are. Will all your worries add a single moment to your life?"

TLB

Matthew 6:25-27

Life*Do Not Be Worried*

"For this reason I say to you, do not be worried about your life, as to what you will eat or what you will drink; nor for your body, as to what you will put on. Is not life more than food, and the body more than clothing? "Look at the birds of the air, that they do not sow, nor reap nor gather into barns, and yet your heavenly Father feeds them. Are you not worth much more than they? "And who of you by being worried can add a single hour to his life?"

NASB

Matthew 6:25-27

Life*Don't Worry*

"So I tell you, don't worry about the food or drink you need to live, or about the clothes you need for your body. Life is more than food, and the body is more than clothes. Look at the birds in the air. They don't plant or harvest or store food in barns, but your heavenly Father feeds them. And you know that you are worth much more than the birds. You cannot add any time to your life by worrying about it.

NCV

Matthew 6:25-27

Do Not Worry

Year ____ Week ____ Day ____ Date ____

Life – Matthew 6:25-27

In Context: *Read Matthew 6*

Begin With Prayer:

Here I am Lord. I Am Listening.

Meditating On God’s Word: *(What is God speaking to your heart?)*

"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? 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? Who of you by worrying can add a single hour to his life? Matthew 6:25-27

Considering The Words: *(What words speak to your heart?)*

"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? | Look at | 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? | Who of you | by worrying | can add | a single hour | to his life? Matthew 6:25-27

Praying The Scripture: *(What prayer from your heart will you write?)*

Heavenly Father, in the past I have turned my worries into greater anxiety and harder work. I have lived a stress filled life. I have not trusted you or relied on your help. Forgive me. I will stop worrying and start praying. I will turn my worries into prayers to you. Amen

What It Means: *(What questions speak to your heart?)* *(Suggested questions for small group discussion are in bold)*

How has your Heavenly Father sustained your life as you have followed and trusted Him?

How are you learning to live one day at a time as you trust your Heavenly Father for all that you need?

How will worrying about tomorrow drain you of the strength your Heavenly Father has given you today?

Why will worrying about something tomorrow never benefit you and add value to your life today?

When have you turned your worries into prayers to your Heavenly Father?

When have you been released from worry because you asked your Heavenly Father for what you needed?

How has your Heavenly Father answered your prayers and met your needs, as you have trusted Him?

Living It Out: *(What action step is God guiding your heart to take?)*

Learn to trust your Heavenly Father and rely on His help by turning all your worries into prayers to Him.

Seeing It Happen: *(What are you trusting God for in your heart?)*

Have faith that your Heavenly Father will hear and answer your prayers as you trust Him and rely on His help.

Get Ready To Share: *(What can you share with others from your heart?)*

Share with another person or your small group how praying to your Heavenly Father has released you from worry.

Close With Prayer:

Quiet Yourself Before The Lord

Pause And Offer Prayers Of...

With An Attitude Of Faith Listen To What The Lord Wants To Say To You

Adoration... _____

Thanksgiving... _____

Confession... _____

Intercession... _____

Petition... _____

Journal

As You Quiet Yourself Before The Lord

What Do You Want To Say To Me Lord?

What Prayers Are You Praying Today?

Prayer Of Blessing

(What Prayer Of Blessing Can You Pray For Another?)

May your life be released from stress and anxiety as you turn your worries into prayers to the Lord.

Prayer To Carry

(What Prayer Would You Like To Carry Throughout Your Day?)

Lord, help my life to be released from stress and anxiety as I turn all my worries into prayers to you.

What Do You Want To Remember About Today?

A Question To Ask God

(What Would You Like To Ask God?)

Lord, what worries do I need to turn into trust filled prayers to you?
