

# Sufficient for the Day is Its Own Trouble

## Overcoming Worry in a Godly Way—Matthew 6:25-34

### I. \_\_\_\_\_ I shouldn't worry about tomorrow:

1. Worrying about Tomorrow is \_\_\_\_\_
2. We Have Enough Realized "Worries" without Adding \_\_\_\_\_ Ones
  - **1 Samuel 17:48**—Run \_\_\_\_\_ the enemy.

How do I \_\_\_\_\_ my worry? **James 1:14-16**

### II. \_\_\_\_\_ I keep for worrying about tomorrow:

Our \_\_\_\_\_ (And Efforts) Should Stay on:

#### 1. \_\_\_\_\_ (v26, 30)

- \_\_\_\_\_
  - **1 Peter 5:6-7**
  - Have \_\_\_\_\_ in Him; He knows what is best and will do what is best.
  - **Philippians 4:6-7** "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."
- \_\_\_\_\_—**Philippians 4:6-7, Matthew 6:33-34**

#### 2. What we \_\_\_\_\_ Change (v27)

- You must control your worry instead of letting it control you.
- Channel your energy into something productive.

#### 3. The \_\_\_\_\_ (v33)

- "Worry" about things that \_\_\_\_\_.
- **2 Corinthians 11:28**, "And, apart from other things, there is the daily pressure on me of my anxiety for all the churches."

#### 4. \_\_\_\_\_ (v34)

- This makes our efforts \_\_\_\_\_!
- **Lamentations 3:22-23**