

**MEMORY VERSE: MATTHEW 6:33-34**

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.

**ABOUT 60% OF ADULTS IN THE UNITED STATES STRUGGLE WITH WORRY AND STRESS DAILY.**

**WE TEND TO EXPERIENCE WORRY IN OUR \_\_\_\_\_**

**WE TEND TO EXPERIENCE ANXIETY IN OUR \_\_\_\_\_**

NOTES: \_\_\_\_\_  
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**JESUS SAYS NOT TO WORRY ABOUT (MATT 6:24-34):**

\_\_\_\_\_ (VS 24),  
\_\_\_\_\_ (VS 25),  
\_\_\_\_\_ (VS. 25),  
\_\_\_\_\_ (VS 24),  
\_\_\_\_\_ (VS 34)

NOTES: \_\_\_\_\_  
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**WHAT IS THE DIFFERENCE BETWEEN CONCERN AND WORRY?**

**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 WORRY ABOUT \_\_\_\_\_ REVEALS WHERE YOU TRUST GOD THE \_\_\_\_\_**

**WHAT YOU'RE WORRIED ABOUT TODAY....**

**1. May never happen.**  
91% of their worries did not come true.

Less than 10% of what you worry about will happen.  
But your worry will rob you of your peace 100% of the time.

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

**3. May happen and God will carry you through it.**

**HOW 'BOUT THEM BIRDS!?**

MY ONE THING FROM THIS MESSAGE: \_\_\_\_\_  
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NOTES: \_\_\_\_\_  
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