

Legit

Authentic faith in an age of pretension
■ Matthew 6 ■

Worry: Enemy of the Soul Matthew 6:25-34

"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?"

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

And why do you worry about clothes? See how the lilies of the field grow. They do not labor or spin.

So do not worry, saying, 'What shall we eat?' or 'What shall we drink?' or 'What shall we wear?'

But seek first his kingdom and his righteousness, and all these things will be given to you as well."

1) **Worry serves no good purpose in my life**

An anxious heart weighs a man down... — Proverbs 12:25a

2) **So, why do I worry?**

- worry and life
- worry and wealth
- worry and worth

3) **The antidote to worry: Seek first God's kingdom and righteousness**

Cast all your anxiety on him because he cares for you. — 1 Peter 5:7

Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. — Philippians 4:6-7