

# Why do you worry?

## Matthew 6:25–34

Jesus wants to move us from a place of worry filled self-preservation towards faith filled confidence in God.

- Four reasons for why we don't need to worry: vs 25–32
  - There's more to life than just material things v 25
  - We have a faithful and caring Father vs 26, 28–30
  - Worrying accomplishes nothing v 27
  - Worrying communicates a lack of confidence in God vs 30–32
  
- An alternative way to live that helps us overcome our worries: vs 33–34
  - Focus our eyes on God's rule and his righteousness v 33
  - Surrender to God's will for our lives with confidence that he will care for us v 33
  - Take one day at a time v 34