

# Free from the Tyranny of Worry

Matthew 6:25-34

**Introduction:** It doesn't seem to matter who we are...worry affects everyone—It's a universally common human experience. If you have ever felt the creeping internal tightness called worry, Jesus has a great lesson that you need to hear.

## Four worry-defeating declarations (vs. 25-32)

1. We worry about the wrong things. (vs. 25)
2. Worry blinds us from seeing God's love for us. (vs. 26)
3. Worry never accomplishes anything of value. (vs. 27)
4. Worry is fuelled by a lack of faith in God. (vs. 28-30)

## **Three spiritual disciplines that free you from the tyranny of worry. (vs. 33-34)**

1. Seek God first, not last in everything. (vs. 33)

2. Expect God to provide all your needs (vs. 33b)

3. Live one day at a time. (vs. 34)

**Conclusion:** Worry is unknown to God's children who rest in God's security, trust, and love.