Don’t Worry Sun Am 2/2/25

Matthew 6:25-34

25“Therefore I say to you, do not worry about your life, what you will eat or what you will drink; nor about your body, what you will put on. Is not life more than food and the body more than clothing?

26Look at the birds of the air, for they neither sow nor reap nor gather into barns; yet your heavenly Father feeds them. Are you not of more value than they?

27Which of you by worrying can add one cubit to his stature?

28“So why do you worry about clothing? Consider the lilies of the field, how they grow: they neither toil nor spin;

29and yet I say to you that even Solomon in all his glory was not arrayed like one of these.

30Now if God so clothes the grass of the field, which today is, and tomorrow is thrown into the oven, *will He* not much more *clothe* you, O you of little faith?

31“Therefore do not worry, saying, ‘What shall we eat?’ or ‘What shall we drink?’ or ‘What shall we wear?’

32For after all these things the Gentiles seek. For your heavenly Father knows that you need all these things. 33But seek first the kingdom of God and His righteousness, and all these things shall be added to you. 34Therefore do not worry about tomorrow, for tomorrow will worry about its own things. Sufficient for the day *is* its own trouble.

Psalm 55:22

22Cast your burden on the Lord,And He shall sustain you;  
He shall never permit the righteous to be moved.

### 1 Peter 5:6-7

### 6Therefore humble yourselves under the mighty hand of God, that He may exalt you in due time, 7casting all your care upon Him, for He cares for you.

### Philippians 4:6-7

6Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God;

7and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus.

### Hebrews 13:5-6

5*Let your* conduct *be* without covetousness; *be* content with such things as you have. For He Himself has said, “I will never leave you nor forsake you.”

6So we may boldly say:“The Lord*is* my helper;I will not fear.What can man do to me?”

### Psalm 46:10

Be still, and know that I *am*God;I will be exalted among the nations,I will be exalted in the earth!

### Psalm 121:1-2

### I will lift up my eyes to the hills—From whence comes my help?

### 2My help *comes* from the Lord,Who made heaven and earth.

### Proverbs 3:5-65Trust in the Lord with all your heart,And lean not on your own understanding;

### 6In all your ways acknowledge Him,And He shall direct your paths.

### Psalm 27:1-2

### The Lord*is* my light and my salvation; Whom shall I fear?The Lord*is* the strength of my life;Of whom shall I be afraid?

### 2When the wicked came against meTo eat up my flesh,My enemies and foes,They stumbled and fell.

### Psalm 118:6

### The Lord*is* on my side;I will not fear. What can man do to me?

### 2 Thessalonians 3:16

### Now may the Lord of peace Himself give you peace always in every way. The Lord *be* with you all.