



**Don't Worry, Be Happy**  
(Overcoming Life's Anxieties)  
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*"Therefore, I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear... Therefore, do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own." Matthew 6:25-34*

**Worry is dangerous to my WELL-BEING. (physical and mental health)**

*Give all your **WORRIES TO GOD**, for He cares about you. Stay alert! Watch out for the devil as he prowls about looking like a lion looking for someone he may devour. 1 Peter 5:7-8*

**Worry can lead me ASTRAY.**

*The seed falling among the thorns refers to someone who hears the word, but the **WORRIES OF THIS LIFE** and the deceitfulness of wealth choke the word, making it unfruitful. Matthew 13:22*

**Worry accomplishes NOTHING.**

*Can any one of you **BY WORRYING ADD** a single hour to your life? -Matthew 6:27*

**Five areas where Jesus says, "Don't Worry, Be Happy"**

**Jesus says don't worry about your FINANCES.**

*Do not store up for yourselves treasures on earth, where moths and vermin destroy, and where thieves break in and steal. Matthew 6:19*

**Jesus says don't worry about FOOD.**

*Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they? Matthew 6:26*

**Jesus says don't worry about FITNESS\*.**

*Do not worry about your body... Matthew 6:25*

**Jesus says don't worry about FASHION.**

*And why do you worry about clothes? See how the flowers of the field grow. They do not labor or spin. Yet I tell you that not even Solomon in all his splendor was dressed like one of these. Matthew 6:28-30*

**Jesus says don't worry about the FUTURE.**

*Do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own. Matthew 6:34*

**So what am I to do?**

**Jesus says that if you want to effectively win over worry, you have to develop an eternal perspective.**

*Seek first his kingdom and his righteousness, and He will provide everything you need. Matthew. 6:33*

*Don't worry (be anxious) about anything... instead pray about everything. As you do this you will experience God's peace. Philippians 4:6*

*My God will supply all your needs according to his riches in glory through Christ Jesus. Philippians 4:19*

**APPLICATION:**

*What is that thing you keep worrying and fretting about?*

- ◆ *Commit to seek first the priorities of God's Kingdom.*
- ◆ *Commit to pray about that thing rather than worry yourself to death. (If its big enough to worry about it is big enough to pray about)*