

1. Worry Is FOOLISH

Luke 12:25 Which of you by worrying can add one cubit to his stature (Add one hour to his life - NAS)? 26 If you then are not able to do the least, why are you anxious for the rest?

2. Worry Is MISGUIDING

Matt 6:25 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?

3. Worry Is NEEDLESS

Matt 6:31 Therefore do not worry, saying, what shall we eat? or What shall we drink? or What shall we wear? 32 ... For your heavenly Father knows that you need all these things.

4. Worry Is Not PRODUCTIVE

Matt 13:22 Now he who received seed among the thorns is he who hears the word, and the cares of this world and the deceitfulness of riches choke the word, and he becomes unfruitful.

5. Worry Is DISTRACTING

Luke 21:34 But take heed to yourselves, lest your hearts be weighed down with carousing, drunkenness, and cares of this life, and that Day come on you unexpectedly.

6. Worry Should Prompt PRAYER

Phil 4:6 Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; 7 and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus.

7. Give Your Worries to GOD

Ps 55:22 Cast your burden on the Lord, and He shall sustain you; He shall never permit the righteous to be moved.