

### **MATTHEW 6 : 25 - 34 (NASB)**

- 25** "For this reason I say to you, do not be worried about your life, as to what you will eat or what you will drink; nor for your body, as to what you will put on. Is not life more than food, and the body more than clothing?"
- 26** "Look at the birds of the air, that they do not sow, nor reap nor gather into barns, and yet your heavenly Father feeds them. Are you not worth much more than they?"
- 27** "And who of you by being worried can add a single hour to his life?"
- 28** "And why are you worried about clothing? Observe how the lilies of the field grow; they do not toil nor do they spin,
- 29** yet I say to you that not even Solomon in all his glory clothed himself like one of these.
- 30** "But if God so clothes the grass of the field, which is alive today and tomorrow is thrown into the furnace, will He not much more clothe you? You of little faith!"
- 31** "Do not worry then, saying, 'What will we eat?' or 'What will we drink?' or 'What will we wear for clothing?'"
- 32** "For the Gentiles eagerly seek all these things; for your heavenly Father knows that you need all these things.
- 33** "But seek first His kingdom and His righteousness, and all these things will be added to you.
- 34** "So do not worry about tomorrow; for tomorrow will care for itself. Each day has enough trouble of its own.

## **HOW TO GET THE VICTORY OVER WORRY**

### **LUKE 10 : 38 - 42 (NASB)**

- 38** Now as they were traveling along, He entered a village; and a woman named Martha welcomed Him into her home.
- 39** She had a sister called Mary, who was seated at the Lord's feet, listening to His word.
- 40** But Martha was distracted with all her preparations; and she came up to Him and said, "Lord, do You not care that my sister has left me to do all the serving alone? Then tell her to help me."
- 41** But the Lord answered and said to her, "Martha, Martha, you are worried and bothered about so many things;
- 42** but only one thing is necessary, for Mary has chosen the good part, which shall not be taken away from her."

### **LUKE 10 : 38 - 42 (MSG)**

- 38** As they continued their travel, Jesus entered a village. A woman by the name of Martha welcomed him and made him feel quite at home.
- 39** She had a sister, Mary, who sat before the Master, hanging on every word he said.
- 40** But Martha was pulled away by all she had to do in the kitchen. Later, she stepped in, interrupting them. "Master, don't you care that my sister has abandoned the kitchen to me? Tell her to lend me a hand."
- 41** The Master said, "Martha, dear Martha, you're fussing far too much and getting yourself worked up over nothing.
- 42** One thing only is essential, and Mary has chosen it—it's the main course, and won't be taken from her."  
Ask for What You Need

### **PHILIPPIANS 4 : 6 - 7 (NASB)**

- 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 comprehension, will guard your hearts and your minds in Christ Jesus.

**PHILIPPIANS 4 : 6 - 7 (NLT)**

- 6 Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done.
- 7 Then you will experience God's peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus.

**PHILIPPIANS 4 : 6 - 7 (MSG)**

- 6 Don't fret or worry. Instead of worrying, pray. Let petitions and praises shape your worries into prayers, letting God know your concerns.
- 7 Before you know it, a sense of God's wholeness, everything coming together for good, will come and settle you down. It's wonderful what happens when Christ displaces worry at the center of your life.

**MATTHEW 6 : 34 (NASB)**

- 34 "So do not worry about tomorrow; for tomorrow will care for itself. Each day has enough trouble of its own.

**MATTHEW 6 : 34 (MSG)**

- 34 "Give your entire attention to what God is doing right now, and don't get worked up about what may or may not happen tomorrow. God will help you deal with whatever hard things come up when the time comes. A Simple Guide for Behavior