

## SEVEN REASONS NOT TO WORRY / *Matthew 6:25*

- 6:25 . . . . . The same God who created life in you can be trusted with the details of your life.
- 6:26 . . . . . Worrying about the future hampers your efforts for today.
- 6:27 . . . . . Worrying is more harmful than helpful.
- 6:28-30 . . . . . God does not ignore those who depend on him.
- 6:31-32 . . . . . Worrying shows a lack of faith in and understanding of God.
- 6:33 . . . . . Worrying keeps us from real challenges God wants us to pursue.
- 6:34 . . . . . Living one day at a time keeps us from being consumed with worry.