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Personal Health: Don't Worry

Struggling With Finances Can Create A Feeling Of Inadequacy And Worry

Matthew 6:25-34 - *"That is why I tell you not to worry about everyday life—whether you have enough food and drink, or enough clothes to wear. Isn't life more than food, and your body more than clothing? ²⁶ Look at the birds. They don't plant or harvest or store food in barns, for your heavenly Father feeds them. And aren't you far more valuable to him than they are? ²⁷ Can all your worries add a single moment to your life? ²⁸ "And why worry about your clothing? Look at the lilies of the field and how they grow. They don't work or make their clothing, ²⁹ yet Solomon in all his glory was not dressed as beautifully as they are. ³⁰ And if God cares so wonderfully for wildflowers that are here today and thrown into the fire tomorrow, he will certainly care for you. Why do you have so little faith? ³¹ "So don't worry about these things, saying, 'What will we eat? What will we drink? What will we wear?' ³² These things dominate the thoughts of unbelievers, but your heavenly Father already knows all your needs. ³³ Seek the Kingdom of God above all else, and live righteously, and he will give you everything you need. ³⁴ "So don't worry about tomorrow, for tomorrow will bring its own worries. Today's trouble is enough for today.*

Don't Worry, God Will Provide

1 Peter 5:7 - *Give all your worries and cares to God, for he cares about you.*

Practical Provision And "Worry" Are Not The Same Thing

We Paralyze Ourselves And Focus On The Worry

Worry Robs Us Of Life

Worry Can Damage Our Health

"When We Worry About Tomorrow, We Misuse The Strength God's Provided For Today." - Anonymous