



**DON'T  
WORRY**

Matthew 6:24-34

# Matthew 6:24-34

24 “No one can serve two masters. Either you will hate the one and love the other, or you will be devoted to the one and despise the other. You cannot serve both God and money.

25 “Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more than food, and the body more than clothes?

# Matthew 6:24-34

<sup>26</sup> 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? <sup>27</sup> Can any one of you by worrying add a single hour to your life?



# Matthew 6:24-34

<sup>28</sup> “And why do you worry about clothes? See how the flowers of the field grow. They do not labor or spin. <sup>29</sup> Yet I tell you that not even Solomon in all his splendor was dressed like one of these. <sup>30</sup> If that is how God clothes the grass of the field, which is here today and tomorrow is thrown into the fire, will he not much more clothe you—you of little faith?

# Matthew 6:24-34

<sup>31</sup> So do not worry, saying, 'What shall we eat?' or 'What shall we drink?' or 'What shall we wear?' <sup>32</sup> For the pagans run after all these things, and your heavenly Father knows that you need them. <sup>33</sup> But seek first his kingdom and his righteousness, and all these things will be given to you as well. <sup>34</sup> Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.

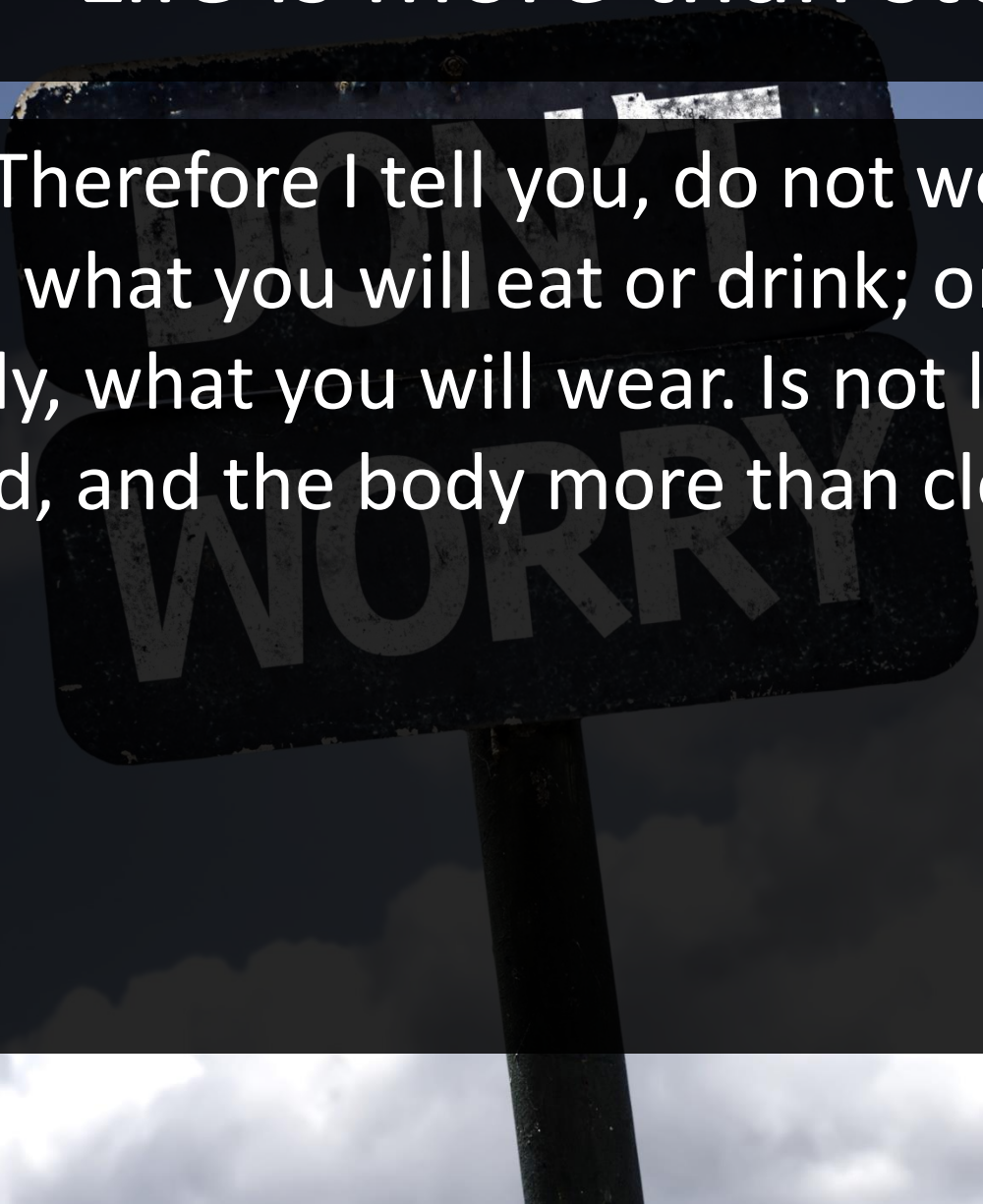
What are your most frequent worries?





# Life is more than stuff-v. 25

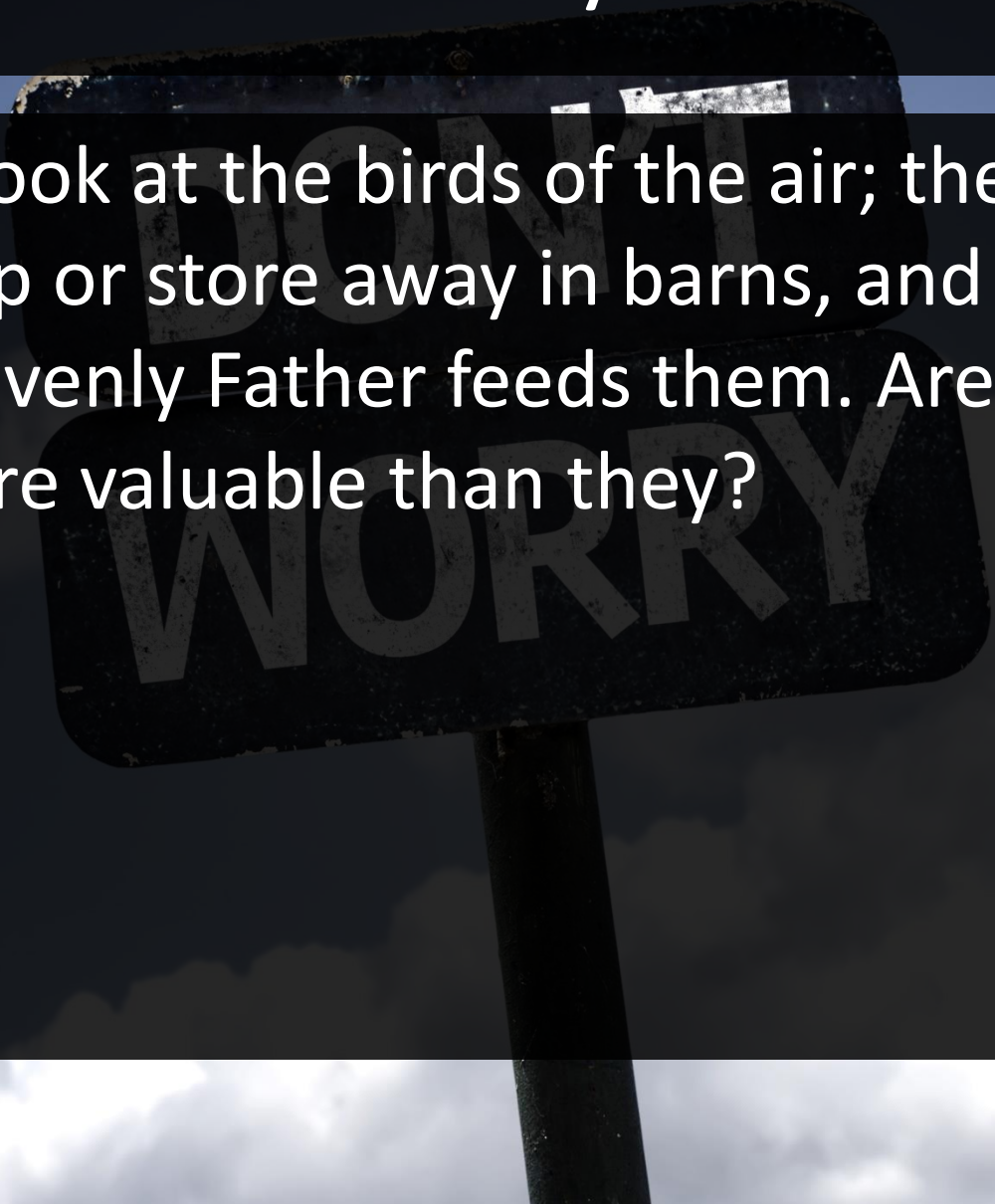
<sup>25</sup> “Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more than food, and the body more than clothes?”





# Birds don't worry or have a father- v.26

<sup>26</sup> 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?



# Flowers don't worry - vv.28-30

<sup>28</sup> “And why do you worry about clothes? See how the flowers of the field grow. They do not labor or spin. <sup>29</sup> Yet I tell you that not even Solomon in all his splendor was dressed like one of these. <sup>30</sup> If that is how God clothes the grass of the field, which is here today and tomorrow is thrown into the fire, will he not much more clothe you—you of little faith?

# Worry is useless- v.27

<sup>27</sup> Can any one of you by worrying add a single hour to your life?

A dark, weathered sign on a post, set against a background of a blue sky with white clouds. The sign is split into two horizontal sections. The top section contains the word "DON'T" in large, bold, white capital letters. The bottom section contains the word "WORRY" in large, bold, white capital letters. The sign appears to be made of metal or wood and shows signs of wear and tear.

**DON'T  
WORRY**





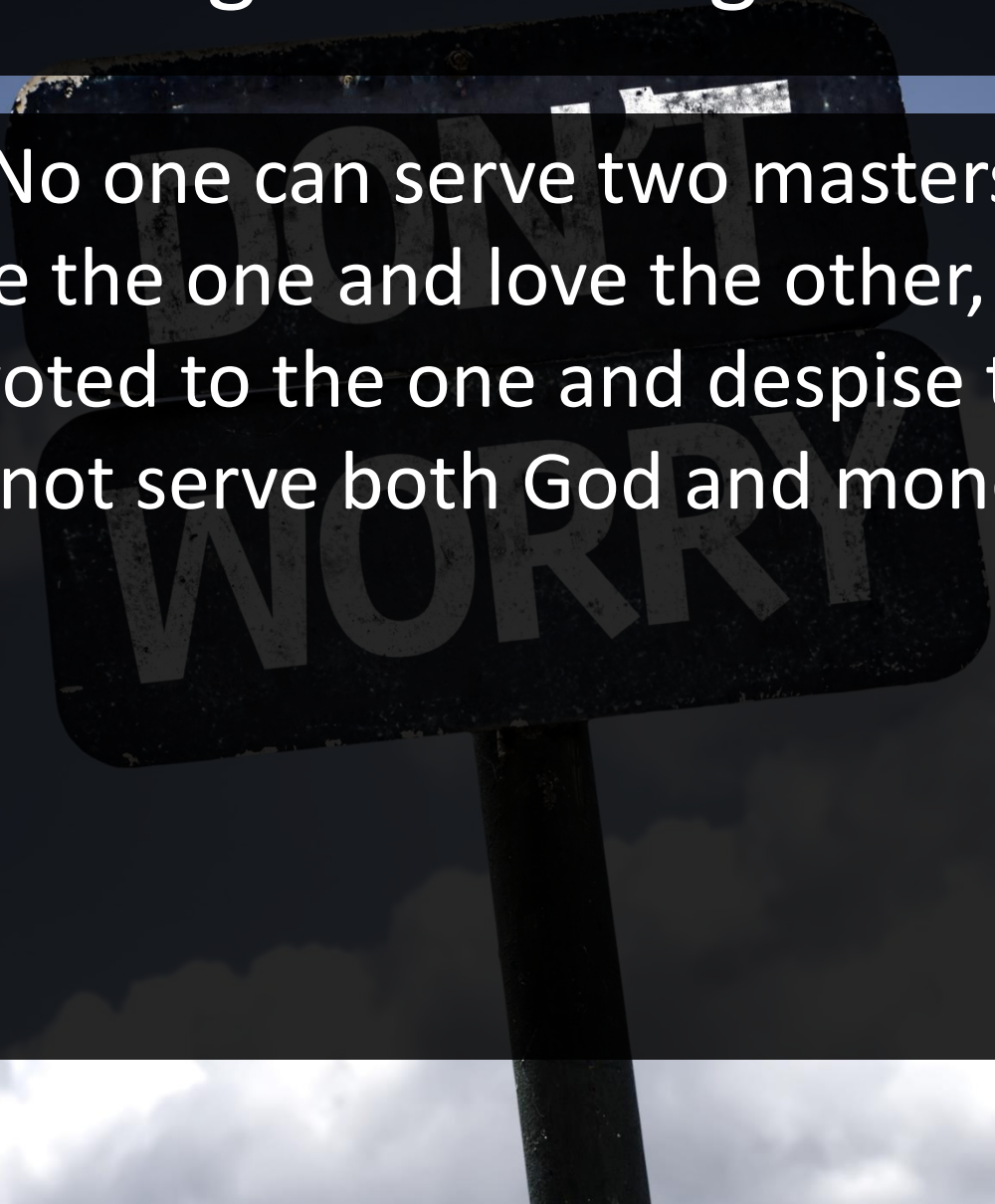
**DON'T  
WORRY**

Worry is ungodly and wrong



It is a sign of serving two masters- v.24

<sup>24</sup> “No one can serve two masters. Either you will hate the one and love the other, or you will be devoted to the one and despise the other. You cannot serve both God and money.



It misunderstands God's character- v.32

<sup>32</sup> For the pagans run after all these things, and your heavenly Father knows that you need them.

- "All our worry is caused by calculating without God" - Oswald Chambers

It is wrong and a sin





A weathered wooden signpost with two signs that read "DON'T WORRY" against a blue sky with white clouds. The signpost is made of dark wood and has two rectangular signs attached to it. The top sign says "DON'T" and the bottom sign says "WORRY". The signs are white with black lettering. The background is a bright blue sky with scattered white clouds.

**DON'T  
WORRY**

How to overcome worry



**DON'T  
WORRY**

Confess it as a sin

# Seek first His kingdom- vv.33

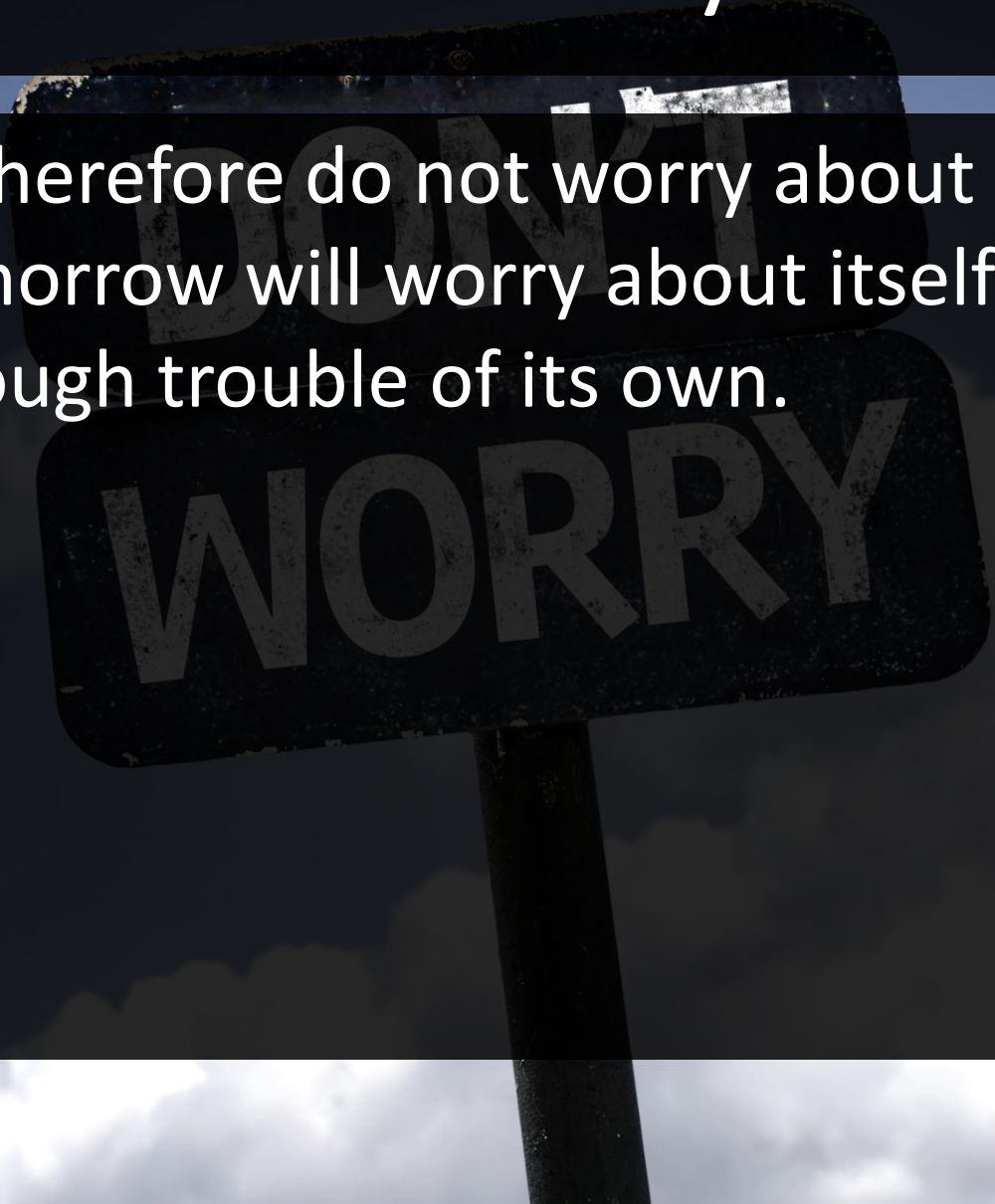
<sup>33</sup> But seek first his kingdom and his righteousness, and all these things will be given to you as well.

DON'T  
WORRY

A signpost with two signs: 'DON'T' on top and 'WORRY' on the bottom, set against a background of a blue sky with white clouds.

# Live life one day at a time- v.34

<sup>34</sup> Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.

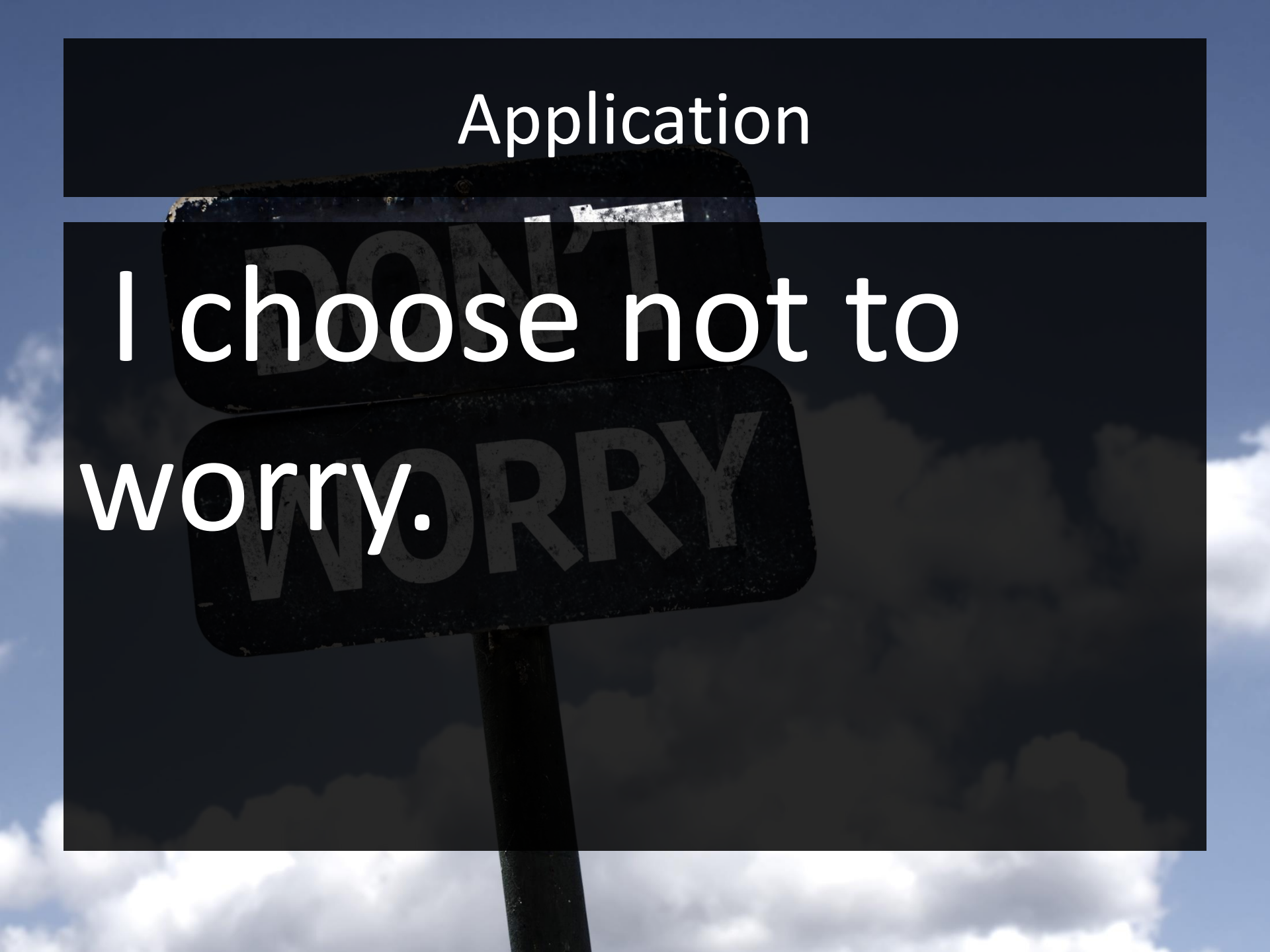
A dark, weathered sign on a post, featuring the words "DON'T" and "WORRY" in large, bold, white capital letters. The sign is set against a background of a bright blue sky with scattered white clouds. The sign itself is slightly out of focus, with some wear and tear visible on its surface.

DON'T  
WORRY



Application

I choose not to  
worry.

A photograph of a weathered, dark sign on a post. The sign has two rectangular panels. The top panel has the word "DON'T" in large, light-colored, sans-serif capital letters. The bottom panel has the word "WORRY" in the same font and color. The sign is set against a background of a bright blue sky with scattered white clouds. The overall image has a slightly desaturated, high-contrast aesthetic.



