

## Worry vs. Trust Part V

Matthew 6:31 (KJV) Therefore take no **thought, saying**, What shall we eat? or, What shall we drink? or, Wherewithal shall we be clothed?

Jesus gives us two ways to fight Worry.

- 1) Control what you think.
- 2) Control what you say.

Control what you think.

- Worry begins with a Thought.
- Matthew 6:32 (NLT) These things **dominate the thoughts** of unbelievers, but your heavenly Father already knows all your needs.

### Recap from Last Week (Controlling what you Think)

- **Free** Your Mind
- **Filter** Your Mind
- **Fix** Your Mind

### This Week (Control What you Say)

- **You cant control what you say until you control what you think**
- Jesus teaches us **Take No Thought Saying**
  - Worry begins with an undisciplined **mind**, but it is released through an undisciplined **tongue**
  - An **unspoken** thought will die an **unborn** thought.
    - Job 21:5
    - Proverbs 30:32
    - James 3:8-14

Matthew 6:32 (NIV) For the **pagans** run after all these things, and your heavenly Father knows that you need them.

Matthew 6:32 (Message) What I'm trying to do here is to get you to relax, to not be so preoccupied with getting, so you can respond to God's giving. **People who don't know God and the way he works fuss over these things**, but you know both God and how he works.

- When you worry, you live like an unbeliever

Matthew 6:33 (NIV) But seek first his kingdom and his righteousness, and all these things will be given to you as well.

- Seek God First- Worry could be the result of a lack of priority.

Matthew 6:34 (NIV) Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.