“Renew Your Mind: Do Not Worry”

Matthew 6:25-34

Philippians 4:4-9

March 8, 2026

- Worry is a negative response to an _____ or _____ problem or something bad happening.

- Reasons to worry will come every day but do not let them _____!

- Worry is a _____!

I. Causes of worry and anxiety.

1. Not understanding how much God _____ you.

“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? 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?”

Matthew 6:25-26 (NIV)

2. Trying to _____ the uncontrollable.

“Can any one of you by worrying add a single hour to your life?”

Matthew 6:27 (NIV)

3. _____.

“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? 31 So do not worry.”

Matthew 6:30-31a (NIV)

4. Misplaced _____.

“So do not worry, saying, ‘What shall we eat?’ or ‘What shall we drink?’ or ‘What shall we wear?’ For the pagans run after all these things, and your heavenly Father knows that you need them. But seek first his kingdom and his righteousness, and all these things will be given to you as well.”

Matthew 6:31-33 (NIV)

5. Attempting to live _____ today.

“Therefore, do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.

Matthew 6:34 (NIV)

II. Learning not to worry.

1. Remember we learn to be anxious for nothing by repeatedly expressing _____ in God through times of difficulty and uncertainty.

"Consider it pure joy, my brothers and sisters,
[a] whenever you face trials of many kinds, 3 because you know that the testing of your faith produces perseverance. 4 Let perseverance finish its work so that you may be mature and complete, not lacking anything.

James 1:2-4 (NIV)

2. Deliberately decide to _____ in the Lord especially when there are reasons to worry.

"Rejoice in the Lord always. I will say it again: Rejoice!"

Philippians 4:4 (NIV)

- ❖ Rejoicing is a deep active state of gladness, celebration, and well being rooted in one's relationship with _____.

"Nehemiah said, "Go and enjoy choice food and sweet drinks, and send some to those who have nothing prepared. This day is holy to our Lord. Do not grieve, for the joy of the LORD is your strength."

Nehemiah 8:10 (NIV)

3. Don't stress out, _____ in God.

"Let your gentleness be evident to all. The Lord is near."

Philippians 4:5 (NIV)

4. Focus on God through _____.

"Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus."

Philippians 4:6-7 (NIV)

"and call on me in the day of trouble; I will deliver you, and you will honor me."

Psalm 50:15 (NIV)

"Cast all your anxiety on him because he cares for you."

1 Peter 5:7 (NIV)

5. Flood your mind with _____ things.

"Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things."

Philippians 4:8 (NIV)

1. Name 1 thing for which you are _____.

2. Names 1 _____ God has made in the scripture that is helpful concerning your worry.

3. Name 1 thing you are going to _____ about your worries.

6. Put into _____ these worry defeating steps daily.

"Whatever you have learned or received or heard from me or seen in me—put it into practice. And the God of peace will be with you."

Philippians 4:9 (NIV)