

PM. OUTLINE  
5/17/15

**"DON'T WORRY ABOUT IT."**

(Matt. 6:24-34)

**INTRODUCTION**

(Luke 10:41) "... Martha, Martha, thou art anxious and troubled about many things ... "

"Worry" - to choke; to be full of anxiety which divides up and distracts the mind;  
full of cares; anxious or undue anxiety.

Productive worry moves us to put in place preventive-action: concern for an auto accident  
moves us to obey traffic laws; concern for illness moves us to healthy life-styles; ...

**PERSPECTIVES CONCERNING WORRY**

**1. JESUS (Matthew 6)**

(v25, 31, 34) "Be not anxious" ("take no thought ...")

(v26) "behold the fowls of the air"

(v28) "consider the lilies of the field"

(v31) "what shall we eat? ... drink? ... be clothed?"

(v27) "which of you by taking thought can add one cubit unto his stature (life span)?"

(v30) "... O ye of little faith"

(v32) "for after all these things do the Gentiles seek" to the exclusion of God.

(v32) "... for your heavenly Father knows that ye have need of all these things."

(Psalm 37:25) "I have been young, and now am old; yet have I not seen ... "

(v33) "seek ye first the kingdom of God, and his righteousness;  
and all these things shall be added unto you"

(Mark 10:28-30)

(Luke 8:14) "and these are they that have heard, and as they go their way,  
they are choked with cares and riches and pleasures of this life, bringing no fruit to perfection"

**2. PAUL - (Phil. 4:6-7)** "In nothing be anxious, but in everything by prayer and supplication  
with thanksgiving, let your requests be made known unto God. And the peace of God,  
which passes all understanding, shall keep your hearts and minds through Christ Jesus"

**3. THE DOCTOR'S SPEAK:** "You are worrying yourself sick."

**HELP IS AVAILABLE**

**1. (1 Peter 5:7)** "Casting all your anxiety upon Him, because He cares for you"

**2. PRAY - (Phil. 4:6-7)**

**3. ENGAGE IN PURPOSEFUL WORK**

**4. REMEMBER THE PRIORITIES OF LIFE - "seek ye first the kingdom of God ... "**