

“Junk In The Trunk”
Matthew 6:25-34
Rich McKinley, Live Out Pastor

The Requirement -- Don't worry

"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 important than food, and the body more important than clothes?"
Matthew 6:25

"Do not be anxious about anything, but in everything, 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

"Cast all your anxiety on him because he cares for you."
1 Peter 5:7

"So then, banish anxiety from your heart and cast off the troubles of your body, for youth and vigor are meaningless."
Ecclesiastes 11:10

"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? Who of you by worrying can add a single hour to his life?"
Matthew 6:26-27

Five Reasons We Shouldn't Worry

1. Worry accomplishes _____.
2. Worry reveals a _____.
3. Worry affects your _____.
4. Worry _____ your health.
5. Worry hinders your _____.

Paul describes how, "In every way we must make the teaching about God our Savior attractive."
Titus 2:10

Jesus says, "And why do you worry about clothes? See how the lilies of the field grow. They do not labor or spin. Yet I tell you that not even Solomon in all his splendor was dressed like one of these. 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, O you of little faith?"

Matthew 6:8-30

"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."
Matthew 6:31

"Yet when I surveyed all that my hands had done and what I had toiled to achieve, everything was meaningless, a chasing after the wind; nothing was gained under the sun."
Ecclesiastes 2:11

"But seek first his kingdom and his righteousness, and all these things will be given to you as well. Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own."
Matthew 6:33

A 3-step Remedy for Overcoming Worry

1. Focus on the _____, not the _____.
2. Live _____ day at a time
3. The final step in this remedy is to _____ the truth that your Heavenly Father is in _____.