

# Peace of Mind

## *Pro-Presenter*

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60% of adults in the US struggle with worry and stress *daily*. -Barna research

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We tend to experience worry in our minds.

We generally experience anxiety in our bodies.

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The theme of Matthew Chapter 6...  
DO. NOT. WORRY.

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Finances  
Food  
Fitness  
Fashion  
Future

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Matthew 6:25  
“Therefore I tell you, do not worry...”

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Matthew 6:24  
“...You cannot serve both God and money.”

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Matthew 6:25  
“Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear”

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Matthew 6:34  
“Therefore do not worry about tomorrow, for tomorrow will worry about itself...”

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Matthew 6:26  
“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?”

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*Concern* focusses on challenges and moves you to action.

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*Worry* focuses on what's beyond our control and results in inaction.

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Matthew 6:27

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

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What you worried about most reveals where you trust the Lord least.

Matthew 6:33

“But seek first God’s Kingdom and His righteousness,  
and all these things will be given to you as well.”

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There are 3 things that are true about what we are worrying about today.

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1. What I’m most worried about right now may never happen.

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91% of what they worried about did not come true.

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Less than 10% of what you worry about will happen BUT  
Your worry will rob you of God’s Peace 100% of the time.

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2. What I’m worried about may happen but won’t be as bad as we thought.

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3. What I’m worried about may actually happen but God will carry me through it.