**Stop IT!**

*Matthew 6:27-34*

Here’s what **we discovered last week:**

• What we worry about reflects our devotion.

* Worry doesn’t add anything valuable to our lives or solve anything important.
* We are to do all we can and then trust God to do all He will.

**TRUTH:** There is a direct relationship between our worry and our faith in God.

*30If that’s how God clothes the grass of the field, which is here today and thrown into the furnace tomorrow, won’t He do much more for you—you of little faith? 31"Do not worry then, saying, 'What will we eat?' or 'What will we drink?' or 'What will we wear for clothing?' 32"For the Gentiles eagerly seek all these things; for your heavenly Father knows that you need all these things. 33"But seek first His kingdom and His righteousness, and all these things will be added to you. 34"So do not worry about tomorrow; for tomorrow will care for itself. Each day has enough trouble of its own.*

***Matthew 6:30-34***

**TRUTH:**People with huge faith don’t worry.

**JESUS’ POINT:** If we worry, we are living like a practical atheist.

*Our circumstances are our greatest opportunity to show our faith in God.*

**THE SOLUTION TO WORRY:** Redirect our devotion.

**TRUTH:** As long as my kingdom is my priority— I will worry!

*If we seek God’s kingdom first,* God will take care of us!

**Jesus’ Practical Steps**

1. Believe God loves you.

2. Evaluate your objects of worry.

3. Pray first… before you talk to others.

4. Commit yourself to His will.

5. Remind yourself that God is in control.

6. Take life one day at a time.