

# Why Do I Always Worry?

## Peace of Mind: Part 4

Nathaniel Sorensen \* July 9, 2023 \* New Life Vineyard Church

**Worry and \_\_\_\_\_ are not the same**

**We tend to experience worry in our \_\_\_\_\_**

**We tend to experience anxiety in our \_\_\_\_\_**

*“This is why I tell you: Don't worry about your life...”*

Matthew 6:25

*“You cannot be slave of God and of money.”*

Matthew 6:24

*“This is why I tell you: Don't worry about your life, what you will eat or what you will drink, or about your body, what you will wear.”*

Matthew 6:25

*“Therefore don't worry about tomorrow, because tomorrow will worry about itself.”*

Matthew 6:34

*“Look at the birds of the sky: They don't sow or reap or gather into barns, yet your heavenly Father feeds them. Aren't you worth more than they?”*

Matthew 6:26

**Worry and \_\_\_\_\_ are not the same**

**Concern focuses on \_\_\_\_\_  
and moves you to \_\_\_\_\_.**

**Worry focuses on what's \_\_\_\_\_  
our control and results in \_\_\_\_\_.**

*“Can any of you add a single moment to your lifespan by worrying?”*

Matthew 6:27 alt.

# Three Results of Worrying

**1. What you're worried about may never \_\_\_\_\_**

**2. It may \_\_\_\_\_, but it won't be  
as \_\_\_\_\_ as you thought**

**3. It may \_\_\_\_\_, and God will  
\_\_\_\_\_ you through it.**

**What you worry about the \_\_\_\_\_  
reveals where you \_\_\_\_\_ God the \_\_\_\_\_**

\_\_\_\_\_  
\_\_\_\_\_

*“But seek first the kingdom of God and His righteousness, and all these things will be provided for you.”*

Matthew 6:33

**When I look after \_\_\_\_\_ needs,  
He looks after \_\_\_\_\_ needs.**

*\* All scriptures from HCSB unless otherwise noted*