



**Jesus said  
DON'T  
but we still do**

**WORRY**

## 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.

Is not life more than food,  
and the body more than clothes?

- **Worry** is mental distress primarily over a negative possibility in the future.
- **Worry** is a state of mind, a way of thinking, a mental habit.
- **Worry** derived from the Old German word WURGEN – to strangle or choke

*PS 55:2 My thoughts trouble me and I am distraught.*

# The Two Core Causes of Worry

## 1. *DISBELIEF*

John 12:37

Even after Jesus had performed so many signs in their presence, they still would not believe in him.

## 2. *DISOBEDIENCE*

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. Is not life more than food, and the body more than clothes?”

# God's Two-Step Solution

## 1. *BELIEF*

John 20:27 Then he said to Thomas, "Put your finger here; see my hands. Reach out your hand and put it into my side. Stop doubting and believe."

## 2. *OBEDIENCE*

Isaiah 58:11 The LORD will guide you always; he will satisfy your needs in a sun-scorched land and will strengthen your frame. You will be like a well-watered garden, like a spring whose waters never fail.





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