

**Let's Practice Jesus' Blessed Life!
Jesus' Sermon On The Mount Teaches Us How To Build Our Homes Wisely**

“Therefore, I tell you, do not worry about your life.”

Matthew 6:25-34

Worry is not only unhealthy, it is sinful! Worry destroys. But here's the Good News! Jesus stops worry. In the middle of His Sermon On The Mount Jesus gives three commands for His followers to obey to overcome worry.

First Command: *“Do not worry about your life...”* vs. 25-30

How being responsible can degenerate into anxiety:

Jesus' Five Worry Questions

#1 ***“Is not life more important than food, and the body more important than clothes?”***

My Answer:

Worry is s _____.

#2 ***“Are you not much more valuable than they?”***

My Answer:

Worry is anti-_____.

#3 ***“Who of you by worrying can add a single hour to his life?”***

My Answer:

Worry is u_____.

#4 ***“And why do you worry about clothes?”***

My Answer:

Worry is u_____.

#5 ***“Will He not much more clothe you, O you of little faith?”***

My Answer:

Worry is f_____.

Second Command: *“So do not worry, saying...”* vs. 31-33

It's a hunting thing...



Third Command: *“Therefore, do not worry about tomorrow”* v. 34

Remember:

Cast all your anxieties on him because He cares for you. I Peter 5:7

“...and all these things will be given to you as well” Matthew 6:33

Next Sunday: *“first take the plank out of your own eye”*
Matthew 7:1-6