DON’T WORRY - BE HAPPY

TEXT: Matthew 6:25 - “Therefore I say unto you, take no thought for your life, what ye shall eat, or what ye shall drink; not yet for your body, what ye shall put on. Is not the life more than meat, and the body than raiment?

(Read: Matthew 6:26-34)

Here are verses that have the phrases about taking thought.
#25 & #31 – “take no thought” / #27 – “taking thought” / #28 – “take ye thought” / #34 – “take therefore no thought”

PHILIPPIANS 4:6 – “Be careful for nothing...” (Means DON’T WORRY!)

ISAIAH 26:3 – “Thou wilt keep him in perfect peace, whose mind is stayed on Thee; because he trusteth in Thee.”

ISAIAH 41:10 – “Fear thou not; (means don’t worry) for I am with thee; be not dismayed; for I am Thy God: I will strengthen thee; yea, I will help thee: yea, I will uphold thee with thy right hand of My righteousness.”

I PETER 5:7 – “Casting all your care upon Him, for He careth for you.”

PSALMS 62:8 – Trust in Him at all times, ye people, pour out your heart before
Him; God is a refuge for us. Selah.”

PSALMS 71:1 – “In Thee, O Lord, do I put my trust, let me never be put to confusion.”

Read: Proverbs 3:5 & 6 / John 14:27

PSALMS 112:7 – “He shall not be afraid of evil tidings: his heart is fixed, Trusting in the Lord.”

PSALMS 62:6 – “He only is my rock and my salvation: He is my defense; I shall not be moved.”

**CAUSES OF WORRYING:**

1. LACK OF FAITH. (Romans 10:17)

2. LOOKING AT CIRCUMSTANCES (Joshua 1:7 & 8)

3. LACK OF KNOWLEDGE (Hosea 4:6)

4. LINGERING FROM CHILDHOOD (environment) (Deuteronomy 6:6 & 7)

5. LACK OF PRAYER (I THESSALONIONS 5:17)
CURES TO STOP WORRYING

1. LOOK TO JESUS (Hebrews 12:1 & 2)

2. LOOK AT THE UNSEEN WORLD (II Cor. 4:18 / II Kings 6:16)

3. LOVE, WORSHIP & PRAISE GOD (Deut. 6:5/ Psalms 95:6/ Psalms 113:3)

4. LEARN THE SCRIPTURES & MEMORIZE (Psalms 119:11; 105; 133)

5. LAUGH (Proverbs 17:22 / Proverbs 15: 13)

6. LIVE LIFE TO THE FULLEST (Psalms 91:16/ Psalms 118:24/ Neh. 8:10)