

Dealing with Worry during Finals Matthew 6:24-34

While the tendency to worry can be absolutely normal especially during Finals, Jesus reminds us that it actually reveals a deep problem with our view of God, life, and ourselves.

1. **What is worry?**
2. **Why is worry so bad?**
3. **How do we avoid worry?**

Matthew 6:24-34 (NASB)

24"No one can serve two masters; for either he will hate the one and love the other, or he will be devoted to one and despise the other. You cannot serve God and wealth.

25"For this reason I say to you, do not be worried about your life, *as to* what you will eat or what you will drink; nor for your body, *as to* what you will put on. Is not life more than food, and the body more than clothing? 26Look at the birds of the air, that they do not sow, nor reap nor gather into barns, and *yet* your heavenly Father feeds them. Are you not worth much more than they? 27And who of you by being worried can add a *single* hour to his life? 28And why are you worried about clothing? Observe how the lilies of the field grow; they do not toil nor do they spin, 29yet I say to you that not even Solomon in all his glory clothed himself like one of these. 30But if God so clothes the grass of the field, which is *alive* today and tomorrow is thrown into the furnace, *will He* not much more *clothe* you? You of little faith! 31Do not worry then, saying, 'What will we eat?' or 'What will we drink?' or 'What will we wear for clothing?' 32For the Gentiles eagerly seek all these things; for your heavenly Father knows that you need all these things. 33But 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.