

Radical: Jesus' View of the World

Fret Not

Worry Less = Less Stress

Stress Less = Worry Less

March 24, 2019

Matthew 6:25-34

Pastor Greg Smith

Worry is:

1. U _____
2. U _____
 - Proverbs 12:25
 - Proverbs 14:30
3. U _____
 - Philippians 4:19
4. U _____

My Greatest Worry is:

The Fret Fix:

1. Put God first in _____ area of your life
 - Matthew 6:33
2. Live one _____ at a time
 - Matthew 6:11
3. Trust God to take care of situations beyond your _____
 - II Chronicles 20:15

Bringing It Home

1. Think about a time when you were so worried about something that you were nearly paralyzed? How did God deliver you through? Was it worth the stress?

2. How would your life be different if you consistently lived by Philippians 4:19? *And my God will meet all your needs according to His glorious riches in Christ Jesus.*