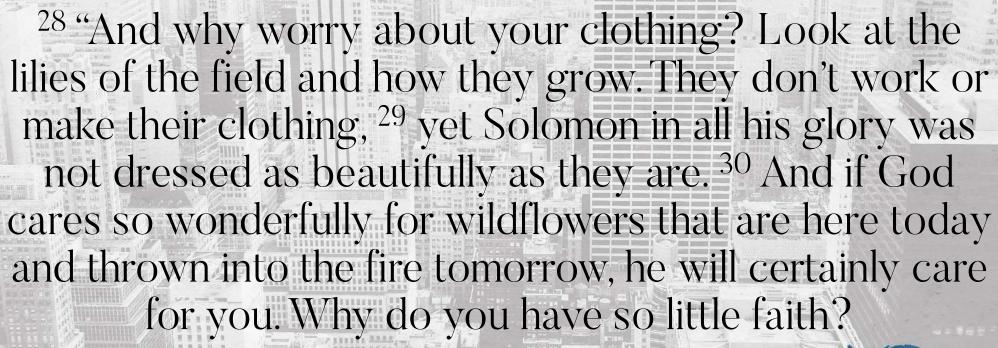


"That is why I tell you not to worry about everyday life - whether you have enough food and drink, or enough clothes to wear. Isn't life more than food, and your body more than clothing? ²⁶ Look at the birds. They don't plant or harvest or store food in barns, for your heavenly Father feeds them. And aren't you far more valuable to him than they are?

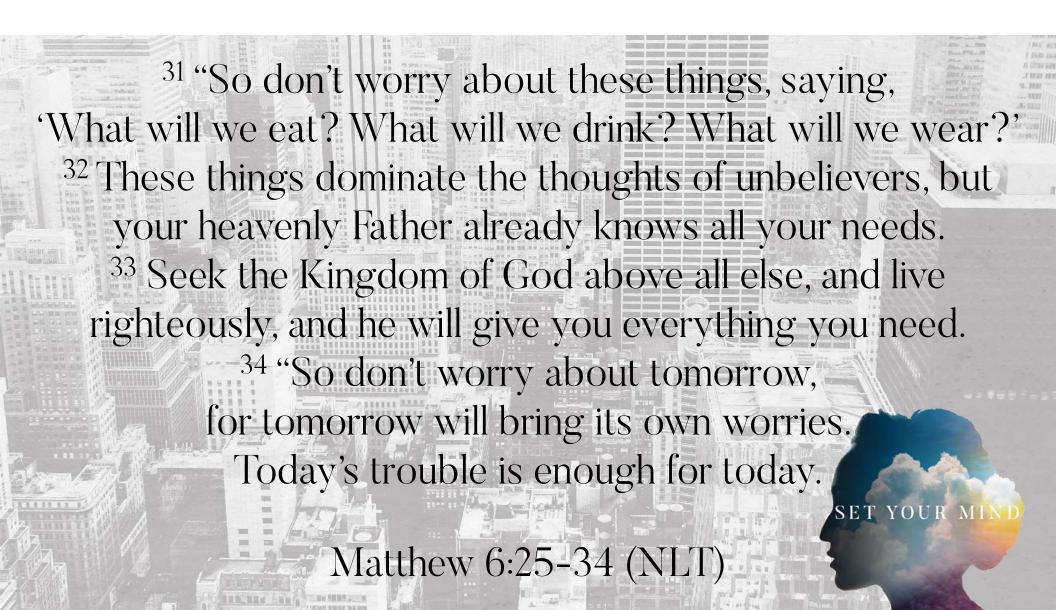
²⁷ Can all your worries add a single moment to your life?

Matthew 6:25-34 (NLT)



Matthew 6:25-34 (NLT)





Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done.

⁷ Then you will experience God's peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus.

⁸ And now, dear brothers and sisters, one final thing. Fix your thoughts on what is true, and honorable, and right, and pure, and lovely, and admirable. Think about things that are excellent and worthy of praise.

Philippians 4:6-8 (NLT)

⁷ Other seed fell among thorns that grew up and choked out the tender plants so they produced no grain.

¹⁸ The seed that fell among the thorns represents others who hear God's word, ¹⁹ but all too quickly the message is crowded out by the worries of this life, the lure of wealth, and the desire for other things, so no fruit is produced.

Mark 4:7, 18-19 (NLT)

The Lord has given me a strong warning not to think like everyone else does. He said,

12 "Don't call everything a conspiracy, like they do, and don't live in dread of what frightens them. 13 Make the Lord of Heaven's Armies holy in your life. He is the one you should fear. He is the one who should make you tremble. 14He will keep you safe.
But to Israel and Judah he will be a stone that makes people stumble, a rock that makes them fall. And for the people of Jerusalem he will be a trap and a snare.

Isaiah 8:11-14 (NLT)

I speak today to the fruit, the tree, and any roots of anxiety, worry, or dread that are in my soul, my mind, and my emotions. In Jesus name I am evicting you by the power of the Holy Spirit, the blood of Jesus, and the truth of God's word. I know the word of God commands me to search myself and cast my cares on Him. So today I choose to obey and cast you – anxiety, worry, and dread – out of me and into the hands of Jesus. I choose today to no longer worry about tomorrow or anything else out of my control.

