

Working Life (8)

‘Stress at work’

Matthew 6:25-34

Trust God’s fatherly care (Worry is needless)

- look at the birds (v25-26)

Seek God’s eternal kingdom (Worry is godless)

- don’t seek after (v31-32)

- consider the lilies (v28-30)¹

- do seek first (v33)

Remember God’s sovereign control (Worry is pointless)

- worry won’t lengthen your life (v27)²

- worry won’t deal with tomorrow (v34)

¹ Psalm 55:22; 1 Peter 5:7; Philippians 4:6-7

² Psalm 139:16; Matthew 10:29; Psalm 31:15; Philippians 2:20; 4:6