

I. The Analysis of Worry [25-30]

- A. Worry shows what we love – heart [25]
 - Matthew 6:24
 - Matthew 6:21

B. Worry shows how we view life – sight [25]

C. Worry shows who we depend on – faith [26-30]

II. The Result of Worry [31-34]

- A. Growth in one's sinful nature [31-32]
 - Matthew 6:27

- B. Growth in one's spirit's nature [33-34]
 - Matthew 11:28

III. How Can I Grow Through Worry?

- A. Seek God first – heart [33]

B. Plan how to expand God's kingdom with your life – mind [33]

- C. See through the eyes of God – sight [26, 28]
 - Matthew 6:22-23

- D. Do the best that you can today – hands [34]
 - Colossians 3:23

E. Put your trust in God regardless of the result – faith [30]

1 John 4:18