

Carrying Excess Weight

Sermon Series: Being Fiscally Fit #3

Matthew 6:25-34

1-17-10

Scripture for the week: *“For where your treasure is, there will your heart be also.” Matthew 6:21*

Introduction:

3 Commands to help us Stop Carrying around Excess Weight of Worry

➤ **Stop Worrying**

5 Reasons God Doesn't Want Us to Worry?

- **Worry Divides Our Minds**
- **Worry Wastes Our Time and Energy**
- **Worry Robs Us of the Joy of Living**
- **Worry Damages Our Health**
- **Worry Undermines Our Faith in God**

➤ **Start Trusting God**

➤ **Seek the Kingdom**

How do you seek God's kingdom?

- **Put God First**
- **Live One Day at a Time**
- **Trust God to Handle the Things Beyond Your Control**

Conclusion: