

# How Can I Get Victory Over Worry?

TEN QUESTIONS CHRISTIANS ARE ASKING | Dr. David Jeremiah  
Matthew 6:25-34



## I. UNDERSTANDING WORRY

- A. Worry Is Inconsistent—Matthew 6:25
- B. Worry Is Irrational—Matthew 6:26
- C. Worry Is Ineffective—Matthew 6:27
- D. Worry Is Illogical—Matthew 6:28-30
- E. Worry Is Irresponsible—Matthew 6:31-32

## II. OVERCOMING WORRY—MATTHEW 6:33-34

- A. Commit Your Life Totally to Jesus Christ—Matthew 6:33
- B. Concentrate Your Energies on Living One Day at a Time—Matthew 6:34
  - 1. Do Not Dwell on Your Tomorrows—Deuteronomy 33:25
  - 2. Do Not Dwell on Your Yesterdays
    - a. We Worry About Yesterday's Sins—Psalm 103:12
    - b. We Worry About Yesterday's Successes
    - c. We Worry About Yesterday's Sorrows

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