



Zion Rest Missionary Baptist Church - R.E. Foster, Pastor

Sermon Outline for "We Are Not Allowed to Worry"

Scripture: *Matthew 6:32 (KJV) (For after all these things do the Gentiles seek:) for your heavenly Father knoweth that ye have need of all these things.*

Subject: "We Are Not Allowed to Worry"

Intro: I cannot think of a more meaningless exercise than worry.

Aim: For us to have a Happy New Year

Definition: Worry – To feel or cause to feel Anxious; annoy or disturb. [Akin to words which means] To strangle the life out of something; to constrict.

Nugget: It has been said that "Sadness is when everything matters" and "Depression is when nothing matters" but Worry is their cousin.

Points to Consider:

- The Pagans
- The Provider
- The Problem
- The Priority

Closing Statement: "No Worries"