

# Sermon Notes

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## WORSHIP OVER WORRY

Travis Eades | Your Best Year Yet | January 12, 2025

1. Worship over \_\_\_\_\_.

2. God meets daily needs \_\_\_\_\_.

Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more than food, and the body more than clothes? Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they? Can any one of you by worrying add a single hour to your life? (Matthew 6:25-27 NIV)

3. Trust Him \_\_\_\_\_.

Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light. (Matthew 11:28-30 NIV)

### Practical Steps to Replace Worry with Worship

1. Pray More:

*Philippians 4:6 says, "Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God."*

2. Want Less:

*Psalms 23:1 reminds us, "The Lord is my shepherd, I lack nothing."*

3. Live for Today:

*Matthew 6:34 says, "Do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own."*

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