**Scriptures**

***Worry and Anxiety***

***Matthew 6.25-34***

**Don’t Worry**

**25**“So I tell you, don’t worry about the food you need to live. And don’t worry about the clothes you need for your body. Life is more important than food. And the body is more important than clothes. **26**Look at the birds in the air. They don’t plant or harvest or store food in barns. But your heavenly Father feeds the birds. And you know that you are worth much more than the birds. **27**You cannot add any time to your life by worrying about it.

**28**“And why do you worry about clothes? Look at the flowers in the field. See how they grow. They don’t work or make clothes for themselves. **29**But I tell you that even Solomon with his riches was not dressed as beautifully as one of these flowers. **30**God clothes the grass in the field like that. The grass is living today, but tomorrow it is thrown into the fire to be burned. So, you can be even more sure that God will clothe you. Don’t have so little faith! **31**Don’t worry and say, ‘What will we eat?’ or ‘What will we drink?’ or ‘What will we wear?’ **32**All the people who don’t know God keep trying to get these things. And your Father in heaven knows that you need them. **33**The thing you should want most is God’s kingdom and doing what God wants. Then all these other things you need will be given to you. **34**So don’t worry about tomorrow. Each day has enough trouble of its own. Tomorrow will have its own worries.

***Psalm 23.4***

Even if I walk  
    through a very dark valley,  
I will not be afraid  
    because you are with me.  
Your rod and your shepherd’s staff comfort me.

***1 Peter 5.7***

**7**Leave all your worries with him, because he cares for you.

**Suffering**

***Job 5.6-7***

**6**Evil does not grow in the soil,  
    nor does trouble grow out of the ground.  
**7**No indeed! We bring trouble on ourselves,  
    as surely as sparks fly up from a fire

***Revelation 21.3-4***

**3**I heard a loud voice from the throne. The voice said, “Now God’s home is with men. He will live with them, and they will be his people. God himself will be with them and will be their God.[[a](https://www.biblegateway.com/passage/?search=Revelation+21.3-4&version=ICB#fen-ICB-30913a)] **4**He will wipe away every tear from their eyes. There will be no more death, sadness, crying, or pain. All the old ways are gone.

***Genesis 3.14-19***

**14**The Lord God said to the snake,

“Because you did this,  
    a curse will be put on you.  
    You will be cursed more than any tame animal or wild animal.  
You will crawl on your stomach,  
    and you will eat dust all the days of your life.  
**15**I will make you and the woman  
    enemies to each other.  
Your descendants and her descendants  
    will be enemies.  
Her child will crush your head.  
    And you will bite his heel.”

**16**Then God said to the woman,

“I will cause you to have much trouble  
    when you are pregnant.  
And when you give birth to children,  
    you will have great pain.  
You will greatly desire your husband,  
    but he will rule over you.”

**17**Then God said to the man, “You listened to what your wife said. And you ate fruit from the tree that I commanded you not to eat from.

“So I will put a curse on the ground.  
    You will have to work very hard for food.  
In pain you will eat its food  
    all the days of your life.  
**18**The ground will produce thorns and weeds for you.  
    And you will eat the plants of the field.  
**19**You will sweat and work hard  
    for your food.  
Later you will return to the ground.  
    This is because you were taken from the ground.  
You are dust.  
    And when you die, you will return to the dust.’