

Matthew 6:25-27,31-34 NLT

“That is why I tell you not to worry about everyday life—whether you have enough food and drink, or enough clothes to wear. Isn't life more than food, and your body more than clothing? Look at the birds. They don't plant or harvest or store food in barns, for your heavenly Father feeds them. And aren't you far more valuable to him than they are? Can all your worries add a single moment to your life?”

“So don't worry about these things, saying, ‘What will we eat? What will we drink? What will we wear?’ These things dominate the thoughts of unbelievers, but your heavenly Father already knows all your needs. Seek the Kingdom of God above all else, and live righteously, and he will give you everything you need. “So don't worry about tomorrow, for tomorrow will bring its own worries. Today's trouble is enough for today.”

Following Christ's pattern enables God's provision which eliminates our need to worry!

Connected Deeply

John 13:4-5 NLT

So he got up from the table, took off his robe, wrapped a towel around his waist, and poured water into a basin. Then he began to wash the disciples' feet, drying them with the towel he had around him.

Rested Regularly

Mark 6:31 NIV

Then, because so many people were coming and going that they did not even have a chance to eat, he said to them, “Come with me by yourselves to a quiet place and get some rest.”

Prayed Daily

Luke 5:16 NLT

But Jesus often withdrew to the wilderness for prayer.

Exercised Frequently

Matthew 9:35 NLT

Jesus traveled through all the towns and villages of that area, teaching in the synagogues and announcing the Good News about the Kingdom. And he healed every kind of disease and illness.

Shared Wisely

Matthew 17:1-2,9 NLT

Six days later Jesus took Peter and the two brothers, James and John, and led them up a high mountain to be alone. As the men watched, Jesus' appearance was transformed so that his face shone like the sun, and his clothes became as white as light...As they went back down the mountain, Jesus commanded them, “Don't tell anyone what you have seen until the Son of Man has been raised from the dead.”

Surrendered Fully

Matthew 26:39 NLT

He went on a little farther and bowed with his face to the ground, praying, "My Father! If it is possible, let this cup of suffering be taken away from me. Yet I want your will to be done, not mine."

I'm going to follow Christ's pattern to overcome worry in 2019!