

# LIVING BURDEN FREE

1. Worry is taking thoughts **Matt. 6:25, 27, 28, 31, 34.**
  - They must be being offered to us; we don't have to take them
  - **Phil. 4:8; 2 Cor. 10:3-5**
2. Worry is a device satan uses to: choke the Word **Mark 4:19;**  
nullify the effects of our prayers **Phil. 4:6, 7;**  
blur our focus **Lk. 21:34;**  
interrupt our fellowship **Lk. 10:38-42.**
3. Worry never adds anything good **v. 27.**
  - No good effects, only bad
4. Worry is always future **v. 25, 31, 34.**
  - Borrowing from "Tomorrow;" takes us out of "Now," and faith is Now
  - Where faith begins; anxiety/worry ends.