

Can Any of You, By Worrying...?

[Matthew 6:27](#)

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[Matthew 6:27](#), *Can any one of you by worrying add a single hour to your life?*

Show me your worry, and I'll show you what's on your throne.

[Matthew 6:24-25](#), *No one can serve two masters. Either you will hate the one and love the other, or you will be devoted to the one and despise the other. You cannot serve both God and money. 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?

Worry has never once done its job.

[Matthew 6:27](#), *Can any one of you by worrying add a single hour to your life?*

Trust isn't a decision you make once – it's a surrender you make daily.

[Matthew 6:34](#), *Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.*

"Worry doesn't happen to you. It exposes you."