

Next Gen



Scriptures from New International Version unless noted

Don't Worry Be Happy

Don't worry about anything, but in everything, through prayer and petition with thanksgiving, present your requests to God. And the peace of God, which surpasses all understanding, will guard your hearts and minds in Christ Jesus.

Philippians 4:6-7

Whenever you worry, that's an invitation to pray.

"Therefore I tell you: Don't worry about your life, what you will eat or what you will drink; or about your body, what you will wear. Isn't life more than food and the body more than clothing? Consider the birds of the sky: They don't sow or reap or gather into barns, yet your heavenly Father feeds them. Aren't you worth more than they? Can any of you add one moment to his life span by worrying?" And why do you worry about clothes? Observe how the wildflowers of the field grow: They don't labor or spin thread. Yet I tell you that not even Solomon in all his splendor was adorned like one of these. If that's how God clothes the grass of the field, which is here today and thrown into the furnace tomorrow, won't he do much more for you—you of little faith? So don't worry, saying, 'What will we eat?' or 'What will we drink?' or 'What will we wear?' For the Gentiles eagerly seek all these things, and your heavenly Father knows that you need them. But seek first the kingdom of God and his righteousness, and all these things will be provided for you. Therefore don't worry about tomorrow, because tomorrow will worry about itself. Each day has enough trouble of its own."

Matthew 6:25-34

Your life is always moving in the direction of your strongest thoughts.

Finally brothers and sisters, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable—if there is any moral excellence and if there is anything praiseworthy—dwell on these things. Do what you have learned and received and heard from me, and seen in me, and the God of peace will be with you.

Philippians 4:8-9

God has your best in mind, so he wants your mind at its best.