LIFE IN THE WORD SERIES

MANAGING OUR EMOTIONS

JULY 15TH, 2026

LESSON 15

WINNING WORRY WITH YOUR EYES

SCRIPTURE READING

MATTHEW
6:22-23, 25-26

The lamp of the body is the eye. If therefore your eye is good, your whole body will be full of light. But if your eye is bad, your whole body will be full of darkness. If therefore the light that is in you is darkness, how great is that darkness!

Therefore, I say to you, do not worry about your life, what you will eat or what you will drink; nor about your body, what you will put on. Is not life more than food and the body more than clothing?

Look at the birds of the air, for they neither sow nor reap nor gather into barns; yet your heavenly Father feeds them. Are you not of more value than they?

“A DAY OF WORRY IS MORE EXHAUSTING THAN A WEEK OF WORK.”

LESSON 15

WINNING WORRY WITH YOUR EYES

PEACE STARTS IN THE EYES.

MATTHEW 6:22-23

The eye is the lamp of the body. So, if your eye is healthy, your whole body will be full of light, but if your eye is bad, your whole body will be full of darkness. If then the light in you is darkness, how great is the darkness!

MATTHEW 5:29

If your right eye causes you to sin, tear it out and throw it away. For it is better that you lose one of your members than that your whole body be thrown into hell.

FOUR PLACES OUR EYES SHOULD LOOK:

1. EYES ON THE BIRDS

MATTHEW 6:26-27

Look at the birds of the air: they neither sow nor reap nor gather into barns, and yet your heavenly Father feeds them. Are you not of more value than they? And which of you by being anxious can add a single hour to his span of life?

2. EYES ON THE LILIES

MATTHEW 6:28-29

And why are you anxious about clothing? Consider the lilies of the field, how they grow: they neither toil nor spin, yet I tell you, even Solomon in all his glory was not arrayed like one of these.

MATTHEW 6:30

But if God so clothes the grass of the field, which today is alive and tomorrow is thrown into the oven, will He not much more clothe you, O you of little faith?

3. EYES ON THE KINGDOM

MATTHEW 6:31-33

Therefore do not be anxious, saying, “What shall we eat?” or “What shall we drink?” or “What shall we wear?” For the Gentiles seek after all these things, and your heavenly Father knows that you need them all.. .. But seek first the kingdom of God and His righteousness, and all these things will be added to you.

PHILIPPIANS 4:19

My God will supply every need of yours according to His riches in glory in Christ Jesus.

1 CORINTHIANS 10:31

Whether you eat or drink, or whatever you do— do all to the glory of God.

MATTHEW 6:7-13

The Lord's Prayer

PHILIPPIANS 4:6-7

Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.

4. EYES ON TODAY

MATTHEW 6:34

Therefore do not be anxious about tomorrow, for tomorrow will be anxious for itself. Sufficient for the day is its own trouble.

“WORRY NEVER ROBS TOMORROW OF ITS SORROW, IT ONLY SAPS TODAY OF ITS STRENGTH.”

“HAPPY IS THE MAN WHO IS TOO BUSY TO WORRY BY DAY, AND TOO SLEEPY TO WORRY AT NIGHT.”