

The Futility of Worry

Matthew 6:25-34

Matthew 6:25 "Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear.

What is anxiety?

FEAR: False Evidence Appearing _____.

1. Bird watching: an example of the _____ of the Father

Matthew 6:26 Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they?

A useful question: Are you in the habit of remembering the Father's kindness and provision in times when it seems that you won't have enough?

Matthew 6:27 Who of you by worrying can add a single hour to his life?

How useful is worry?

2. Flower Gazing - an example of the attentive _____ of the Father

Matthew 6:28-30 "And why do you worry about clothes? See how the lilies of the field grow. They do not labor or spin. **29** Yet I tell you that not even Solomon in all his splendor was dressed like one of these. **30** If that is how God clothes the grass of the field, which is here today and tomorrow is thrown into the fire, will he not much more clothe you, O you of little faith?

The problem of worry and anxiety is a problem of _____ and _____.

Matthew 6:31 So do not worry, saying, 'What shall we eat?' or 'What shall we drink?' or 'What shall we wear?' **32** For the pagans run after all these things, and your heavenly Father knows that you need them.

3. The Great _____:

Matthew 6:33 But seek first his kingdom and his righteousness, and all these things will be given to you as well.

Next Steps for Growth:

I want to begin to follow Jesus today.

I want to be contacted by a pastor.

I want to be baptized.

I would like to be a part of the service setup ministry

I want to become a member.

Name(s): _____

Phone: _____ Email: _____ Change my contact info

Mailing Address: _____

I am a: 1st time guest 2nd time guest Regular Attendee Member (taken membership class & committed to membership covenant)

Acts 2:42-47 And they devoted themselves to the apostles' teaching and the fellowship, to the breaking of bread and the prayers. *43* And awe came upon every soul, and many wonders and signs were being done through the apostles. *44* And all who believed were together and had all things in common. *45* And they were selling their possessions and belongings and distributing the proceeds to all, as any had need. *46* And day by day, attending the temple together and breaking bread in their homes, they received their food with glad and generous hearts, *47* praising God and having favor with all the people. And the Lord added to their number day by day those who were being saved.

Making the great exchange:

1. *When you worry, meditate on God's _____ and _____.*
2. *Make God's Kingdom your _____ concern and trust that He will _____.*
3. *Learn the significance of giving _____ while praying for your needs. (Phil. 4:6-7)*

Prayer Requests/Praise Items: _ Put this on the prayer chain.