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| **SERIES** | LET’S TALK ABOUT |
| **BIBLE** | Matthew 6:23-34 |
| **TITLE/TOPIC** | ANXIETY |
| **OVERVIEW** | Anxiety and Worry are emotions that we all face in life which can ultimately be destructive. Instead, He challenges us when facing these emotions to not worry but to see things in the context of a loving relationship with our Heavenly Father. This ultimately is our anecdote to worry as we navigate through life and its challenges. |
| **SCRIPTURE BREAKDOWN** | **An average person’s anxiety is focused on:**  **40%** -- things that will never happen  **30%** -- things about the past that can’t be changed  **12%** -- things about criticism by others, mostly untrue  **10%** -- about health, which gets worse with stress  **8%** -- about real problems that will be faced    **What is worry?**  **WORRY** = **to think about problems or fears** : to feel or show fear and concern because you think that something bad has happened or could happen  **Anxiety** = Fear or worry about what might happen  **Someone has wisely said that Worry is like rocking in a rocking chair. It gives you something to do, but it gets you no where.**  **Jesus gives no room for worry or anxiety in our lives so don’t worry!**  v. 25a - *25“Therefore I tell you,* ***do not worry about your life***  **When it comes to worry there are many things we can be worried about**  v. 25b - ***do not worry about your life:***   * *what you will eat or drink; or about your body, what you will wear* v. 25 * *why do you worry about clothes?* v. 28   **Worry has no power to change anything in our lives so keep the right perspective and focus.**  v. 27 - *27Can any one of you by worrying add a single hour to your life?*  God feeds and provides for the birds of the air and clothes the grass of the fields with beauty, and He will take care of us. It was clear that Jesus was speaking into the things that people in his audience worried about. These worries or anxieties might be different today but are rooted in the same fears that drive us to take matters into our own hands and be anxious about those things. The anecdote to worry and anxiety seems to be a complete trust in a Heavenly Father that loves us and cares for us…that is who He is in his character. He is inviting us as His disciples to completely see God as our Heavenly Father.  **ILLUST: THE FATHER’S ROLE IN THE FAMILY AS PROVIDER** – As a man and father I feel the weight of responsibility to care for and provide for my family. Even th  **THREE REASONS WHY WE SHOULDN’T WORRY:**   1. **WORRY IS A WASTE OF IMPORTANT AND PRECIOUS ENERGY**   **ILLUST:** BATTERY – our life is drained as we focus and think about our problems and our fears.  Jesus says…” ***do not worry about your life”***  This involves what you will eat or drink  What you will wear   1. **WORRY ULTIMATELY DOESN’T WORK**   ***27****Can any one of you by worrying add a single hour to your life?* ***28****“And why do you worry about clothes? See how the flowers 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—you of little faith?*   1. **WORRY REVEALS AN ORPHAN HEART IN US AND ULTIMATELY A LACK OF TRUST IN OUR HEAVENLY FATHER.**   **v. 26 “…***and yet* ***your heavenly Father feeds them****. Are you not much more valuable than they?*  **v. 32 “…***For the pagans run after all these things, and* ***your heavenly Father knows that you need them****.*  **Orphans worry and have no protector and no provider. Orphans have to fend for themselves.**  **We can operate as orphans or we can make the decision to believe God and to trust him.**  **Philippians 4:4-7**  ***4****Rejoice in the Lord always. I will say it again: Rejoice!* ***5****Let your gentleness be evident to all. The Lord is near.* ***6****Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God.* ***7****And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.*  **Isaiah 26:3-4**  ***3****Thou wilt keep him in perfect peace, whose* ***mind*** *is stayed on thee: because he trusteth in thee.* ***4****Trust ye in the Lord for ever: for in the Lord Jehovah is everlasting strength:*  **“*mind*” –** can be translated *“Imagination”*  **This is where we need to land. To fix and keep our minds cemented on God. To allow our hearts to not trust in “money” or our own “wisdom” but to trust in GOD.**  **Proverbs 3:4-5**  *Trust in the Lord with all your heart and lean not on your own understanding;*  ***6****in all your ways submit to him, and he will make your paths straight.* |
| **GOSPEL** | How does this sermon bring people to the Gospel?  Some people are paralyzed by anxiety and fear that has been a pattern in their lives. They need to come to know God as a Father that loves them and has promised to take care of them. |
| **NEXT**STEPS | Begin | Connect | Engage | Grow | Disciple  GROW: Great opportunity to challenge people to grow in their walk with God by practicing trusting Him. |

**Matthew 6:25-34**

*Do Not Worry*

*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. Is not life more than food, and the body more than clothes? 26Look 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? 27Can any one of you by worrying add a single hour to your life[*[*b*](https://www.biblegateway.com/passage/?search=Matthew+6%3A23-34&version=NIV#fen-NIV-23310b)*]?*

*28“And why do you worry about clothes? See how the flowers of the field grow. They do not labor or spin. 29Yet I tell you that not even Solomon in all his splendor was dressed like one of these. 30If 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—you of little faith? 31So do not worry, saying, ‘What shall we eat?’ or ‘What shall we drink?’ or ‘What shall we wear?’ 32For the pagans run after all these things, and your heavenly Father knows that you need them. 33But seek first his kingdom and his righteousness, and all these things will be given to you as well.34Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.*