

Matthew 6:25-34

Anxiety – The Heart behind the Actions

Anxiety/worry = “a divided mind”

Jesus specifically commands us not to worry 3 times in this passage:

1. Verse 25 – Do not worry...
2. Verse 31 – Do not worry...
3. Verse 34 – Do not worry...

What makes worry so dangerous:

- Worry realigns our focus.
- Worry is contrary to reason.
- Worry robs us of faith.
- Worry redefines our place.

6 truths we can take from this passage:

1. Life is more than food, and the body is more than clothing.
2. We are more valuable than the Birds.
3. God will provide much more for us than the flowers of the fields.
4. Our Heavenly Father knows what we need.
5. Seek first the Kingdom of God and His righteousness and ALL these essentials will be provided.
6. Live one day at a time.

Message Reflection:

- How has anxiety/worry impacted your life?
- Are you content enough to believe that God has given you what you need most to most glorify Him?
- How will you live by faith this week?