

January 31, 2021



Overcoming Anxiety
Matthew 6:25-34

Big Idea: Anxiety: Cast it don't carry it

Sinful Anxiety: Carrying earthly concerns and worries in an unhealthy way that displaces my trust in God and distorts my priorities in life.

5 Key Differences Between Worry and Anxiety (from Henry Ford Health System)

1. Worry tends to reside in my mind; Anxiety affects both body and mind.
2. Worry is specific; Anxiety is more generalized
3. Worry is grounded in reality; Anxiety is marked by catastrophic thinking.
4. Worry is temporary; Anxiety is longstanding.
5. Worry doesn't impair functions; Anxiety does.

How to Cast My Anxiety on God (Matthew 6:25-34)

1. Trust how God cares about me (V. 25-33)
2. Remember God's faithfulness to me (V. 25-33)
3. Seek God as my everyday priority (V. 33-34)

4 Ways to Seek First God's Kingdom Daily

1. Think differently (2 Corinthians 10:3-5; Philippians 4:8-9)
2. Obey Faithfully (1 Samuel 15:22)
3. Walk Humbly (1 Peter 5:5-9)
4. Pray Fervently (Philippians 4:6-7; Ephesians 6:10-20)

YOU ARE LOVED