



### **We Are Family Week 3**

August 23, 2026

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MAYBE THE BIGGEST ISSUE FACING FAMILIES TODAY: ANXIETY

WE ALL DEAL WITH ANXIETY, ESPECIALLY PARENTS AND KIDS!

FROM MY EXPERIENCE 2 THINGS ARE CONNECTED....WORRY AND ANXIETY!

WORRY IS USUALLY SPECIFIC, ANXIETY IS USUALLY BROAD.

WORRY INVOLVES THE MIND...ANXIETY INVOLVES THE BODY!

Matthew 6:25 LB "So my counsel is: Don't worry about things..."

JESUS COVERS 5 THINGS IN THIS ONE PASSAGE:

Matthew 6:24 MEV "No one can serve two masters...You cannot serve God and money.

Matthew 6:25 NTFE Don't worry about your life—what to eat, what to drink; don't worry about your body—what to wear.

Matthew 6:34 ERV So don't worry about tomorrow.

SOUNDS SIMPLE BUT IT'S NOT EASY! JESUS REMINDS US TO LOOK AROUND AND REMEMBER YOUR VALUE! HE LOVES YOU...TRUST HIM!

Matthew 6:26 LB Look at the birds! They don't worry about what to eat—they don't need to sow or reap or store up food—for your heavenly Father feeds them. And you are far more valuable to him than they are.

GOD HAS A WAY OF MEETING OUR NEEDS...EVEN EXCEDING

I'VE LEARNED SOMETHING RECENTLY...THERE'S A BIG DIFFERENCE BETWEEN WORRY AND CONCERN!

WORRY FOCUSES ON WHAT'S BEYOND OUR CONTROL = INACTION!

YOU STEW ON IT...DWELL ON IT...BUT DO NOTHING! THAT'S WHY JESUS ASKS THIS:

Matthew 6:27 LB Will all your worries add a single moment to your life?

WITH WORRY...NOTHING GETS BETTER! NOT YOUR MENTAL HEALTH...NOTHING!

CONCERN FOCUSES ON CHALLENGES AND MOVES = ACTION!

WORRIED ABOUT HEALTH...DO NOTHING! CONCERNED...WORK OUT- EAT BETTER!

WORRIED ABOUT MARRIAGE...NOTHING! CONCERNED...GET COUNSELING - DATE!

WORRIED ABOUT KIDS...NOTHING! CONCERNED...DO SOMETHING! CHURCH! LOVE TO GIVE OUR KIDS GIFTS...GREATEST GIFT TO GIVE CHURCH! LEGACY OF FAITH!

ACTION KILLS FEAR! WHAT DO I DO? WHAT ACTION? PUT GOD FIRST!

Matthew 6:32-33 GNT Instead, be concerned above everything else with the Kingdom of God and with what he requires of you, and he will provide you with all these other things.

TRUST HIM...WITH KIDS, FINANCES, FUTURE...FILL IN THE BLANK! REMEMBER THIS TRUTH:

WHAT YOU WORRY ABOUT THE MOST REVEALS WHERE YOU TRUST GOD THE LEAST!

TEACH YOUR KIDS...MODEL TRUSTING HIM! MEMORIZE IT! PUT IT ON THE MIRROR! DASHBOARD! WRITE IT ON YOUR HEART! REPROGRAM YOUR BRAIN!

Isaiah 26:3-4 LB He will keep in perfect peace all those who trust in him, whose thoughts turn often to the Lord! Trust in the Lord God always, for in the Lord is your everlasting strength.

OUR HOUSE WITH MY KIDS...WORRIED ABOUT STUFF! WE ALL DO!

REMIND THEM OF WHEN GOD CAME THROUGH!

WON'T HE DO IT! Luke 1:37 ERV God can do anything!"

Isaiah 55:11 NCV The words I speak. They will not return to me empty! They make things happen...and they succeed in doing what I send them to do.

WHAT DOES YOUR HOME HEAR FROM YOU? YOU IS KIND, SMART THE HELP  
GOD LOVES YOU, YOU CAN TRUST, OBEY HIM!

Ephesians 6:1-2 ERV Children, obey your parents the way the Lord wants, because this is the right thing to do. The command says, "You must honor your father and mother."