



LIBERTI

ONLINE

MATTHEW 6:25-34

²⁵ “Therefore I tell you, do not be anxious about your life, what you will eat or what you will drink, nor about your body, what you will put on. Is not life more than food, and the body more than clothing? ²⁶ Look at the birds of the air: they neither sow nor reap nor gather into barns, and yet your heavenly Father feeds them. Are you not of more value than they? ²⁷ And which of you by being anxious can add a single hour to his span of life? ²⁸ And why are you anxious about clothing? Consider the lilies of the field, how they grow: they neither toil nor spin, ²⁹ yet I tell you, even Solomon in all his glory was not arrayed like one of these.

MATTHEW 6:25-34

³⁰ But if God so clothes the grass of the field, which today is alive and tomorrow is thrown into the oven, will he not much more clothe you, O you of little faith? ³¹ Therefore do not be anxious, saying, ‘What shall we eat?’ or ‘What shall we drink?’ or ‘What shall we wear?’ ³² For the Gentiles seek after all these things, and your heavenly Father knows that you need them all. ³³ But seek first the kingdom of God and his righteousness, and all these things will be added to you. ³⁴ “Therefore do not be anxious about tomorrow, for tomorrow will be anxious for itself. Sufficient for the day is its own trouble.

1. DON'T BE ANXIOUS...NAME THE PRESSURES THAT ASSAULT YOUR MIND

MATTHEW 6:25

²⁵ “Therefore I tell you, do not be anxious about your life, what you will eat or what you will drink, nor about your body, what you will put on. Is not life more than food, and the body more than clothing?”

2. DON'T BE ANXIOUS...REMEMBER GOD'S PROMISES

MATTHEW 6:30

³⁰ But if God so clothes the grass of the field, which today is alive and tomorrow is thrown into the oven, will he not much more clothe you, O you of little faith?

3. DON'T BE ANXIOUS...COME TO YOUR FATHER THROUGH PRAYER

MATTHEW 6:30

³² For the Gentiles seek after all these things, and your heavenly Father knows that you need them all.

GALATIANS 4:6-7

⁶ And because you are sons, God has sent the Spirit of his Son into our hearts, crying, “*Abba! Father!*” ⁷ So you are no longer a slave, but a son, and if a son, then an heir through God.

PHILIPPIANS 4:4-7

⁴ Rejoice in the Lord always; again I will say, rejoice. ⁵ Let your reasonableness be known to everyone. The Lord is at hand; ⁶ do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. ⁷ And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.

4. DON'T BE ANXIOUS...PREACH THE GOSPEL TO YOURSELF

MATTHEW 6:26-27

²⁶ Look at the birds of the air: they neither sow nor reap nor gather into barns, and yet your heavenly Father feeds them. Are you not of more value than they? ²⁷ And which of you by being anxious can add a single hour to his span of life?

PSALM 42:5

⁵ *Why are you cast down, O my soul, and why are you in turmoil within me?
Hope in God; for I shall again praise him, my salvation and my God.*

5. DON'T BE ANXIOUS...SEEK FIRST GOD AND HIS KINGDOM, TODAY

MATTHEW 6:33-34

³³ But seek first the kingdom of God and his righteousness, and all these things will be added to you.³⁴ “Therefore do not be anxious about tomorrow, for tomorrow will be anxious for itself. Sufficient for the day is its own trouble.

“Remember one is given the strength to bear what actually happens, but not the 101 different things that might happen”.

C.S LEWIS

1 PETER 5:6-7

⁶ Humble yourselves, therefore, under the mighty hand of God so that at the proper time he may exalt you, ⁷ casting all your anxieties on him, because he cares for you.