

Sermon Notes

Big Idea: Do you ever feel like you might pop under pressure? Are you wearied by the weight of worry? Does doubt debilitate you? In some way, we are probably all familiar with those fears. Good news, the Bible gives us directions to dealing with the emotional troubles that entangle us. Trusting God's character and experiencing His Presence are the lifeline for each of us who finds ourselves... so anxious.

Anxiety: a feeling of worry, nervousness, fear, or unease, typically about an imminent event (both real or perceived) or something with an uncertain outcome.

When what is undesirable feels unavoidable

Peace isn't the absence of problems, it's the Presence of God.

Matthew 6:25-34 (ESV)

How to Avoid Tomorrow's Trouble:

- Walk in Today's Work
- Pray Today's Problems
- Find Today's Treasure

Ephesians 4:1 (ESV)

Philippians 4:4-7 (ESV)

Luke 10:38-42 (ESV)

Discussion Questions

- 1) What impacted you the most from this week's message? Encouraged you? Challenged you?
- 2) Read Matthew 6:25-34. How do the examples of the birds and the flowers speak to your anxiety at times? What does it practically look like for you to *seek first the kingdom of God*?
- 3) How often do you worry about *tomorrow's trouble*? Which of the three ways to avoid them is most natural for you? Which is most difficult? Explain.
- 4) Read Ephesians 4:1. Make a list of 3-5 things that are a typical part of *Today's Work* that God is calling you to walk in during this season? How are you doing with this?
- 5) Read Philippians 4:4-7. How quickly do you take your problems to prayer? Who can you ask to hold you accountable in this area of your life?
- 6) Read Luke 10:28-42. Who in this story do you relate most with and why?