



Listener Reviews



BEST SERMON EVER

*“I’ve never heard anything like
this before.”*



Matthew
a verified listener

NOTES

for today's message

MATTHEW 6:19-21 Do not lay up for yourselves treasures on earth, where moth and rust destroy and where thieves break in and steal, 20 but lay up for yourselves treasures in heaven, where neither moth nor rust destroys and where thieves do not break in and steal. 21 For where your treasure is, there your heart will be also.

MATTHEW 6:25 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?

- Jesus doesn't say don't work, but don't worry.

SOME THINGS TO UNDERSTAND ABOUT ANXIETY:

1. We need to acknowledge that there is a difference between moments of anxiety, and the more chronic conditions of an anxiety disorder.

- Everyone experiences anxiety in one form or another, but not everyone has an anxiety disorder

2. Following Jesus involves the spiritual and the physical.

- Christianity involves spiritual disciplines that enhance our spirit, but require the physical body.
- Jesus deals with both spiritual and physical, so we must deal with both.

- **Anxiety** - to have an anxious concern, based on apprehension about possible danger or misfortune.

- *"Trust an unknown future to a known God."* - Corrie Ten Boom

- What you focus on, grows.

MATTHEW 6:26-27 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?

ANSWERS FOR ANXIETY

1. Know your value in Christ

MATTHEW 6:26 (MSG) Look at the birds, free and unfettered, not tied down to a job description, careless in the care of God. And you count far more to him than birds.

MATTHEW 6:28-30 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. 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?

2. Know God's Vision for you

- Know that God sees your location, and has a plan for you to bloom and flourish in it.

MATTHEW 6:31-32 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.

MATTHEW 6:33 but seek first the kingdom of God and all these things will be added to you.

MATTHEW 6:34 Therefore (SO) do not be anxious about tomorrow, for tomorrow will be anxious for itself. Sufficient for the day is its own trouble.

PHILIPPIANS 4:4-7 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 Rhythms to Reduce Anxiety:

1. Rejoice in the Lord
2. Pray
3. Thank God
4. Let the peace of God guard your heart

When all I see is the battle, You see my victory
When all I see is the mountain, You see a mountain moved
And as I walk through the shadow, Your love surrounds me
There's nothing to fear now for I am safe with You
So when I fight, I'll fight on my knees
With my hands lifted high
Oh God, the battle belongs to You
And every fear I lay at Your feet
I'll sing through the night
Oh God, the battle belongs to You

Ridge Church

