

SERMON SLIDES

SLIDE 1

The Cure for Anxiety

Matthew 6:25-34

SLIDE 2

Review

“Truly I tell you, unless someone is born again, he cannot see the Kingdom of God” (John 3:3, CSB)

- We are saved from ourselves (*sin*), not by ourselves (*Romans 5:8*)

“Truly I tell you, unless someone is born of water and of the Spirit, he cannot enter the Kingdom of God” (John 3:5, CSB)

- We are saved from the consequences of sin and into something far greater than we could imagine.

SLIDE 3

Coffee Talk

“What is the Kingdom of God?”

- Is it heaven?
- Is it the universe?

SLIDE 4

Defining Terms

Basileia < G. = a physical realm and a kingly rule.

“The realm in which a ruler reigns.”

SLIDE 5

Jesus on the Kingdom

- “The time is fulfilled, and the Kingdom of God has come near...” (Mark 1:15, CSB)
- “The Kingdom of God is in your midst” (Luke 17:21, CSB)
(*Entos <G. = within you*)
- The Parable of the Talents (Luke 19:11-27)

The Kingdom is *near, here, and somewhere out there.*

SLIDE 6

After Jesus was born in Bethlehem in Judea in the days of King Herod, wise men from the East arrived in Jerusalem, saying, "Where is he who has been born King of the Jews?" (Matthew 2:1-2, CBS)

Entering the house, they saw the child with Mary his mother, and falling to their knees, they worshiped him. (Matthew 2:11a, CSB)

SLIDE 7

Then Pilate went back into the headquarters, summoned Jesus, and said to him, "Are you the King of the Jews?" Jesus answered, "Are you asking this on your own, or have others told you about me?" "I'm not a Jew, am I?" Pilate replied. "Your own nation and the chief priests handed you over to me. What have you done?"

(John 18:33-35, CSB)

"My kingdom is not of this world," said Jesus. "If my kingdom were of this world, my servants would fight, so that I wouldn't be handed over to the Jews. But as it is, my kingdom is not from here." "You are a king then?" Pilate asked. "You say that I am a king." Jesus replied. "I was born for this, and I have come into the world for this: to testify to the truth. Everyone who is of the truth listens to my voice."

"What is truth?" said Pilate.

(John 18:36-38, CSB)

JESUS OF NAZARETH, THE KING OF THE JEWS

SLIDE 8

"Then I saw heaven open, and there was a white horse. Its rider is called Faithful and True, and he judges and makes war with justice. His eyes were like a fiery flame, and many crowns were on his head. He had a name written that no one knows except himself. He wore a robe dipped in blood, and his name is called the Word of God.

The armies that were in heaven followed him on white horses, wearing pure white linen. A sharp sword came from his mouth, so that he might strike the nations with it. He will rule them with an iron rod. He will also trample the winepress of the fierce anger of God, the Almighty. And he has a name written on his robe and on his thigh: KING of kings and LORD of lords." (Revelation 19:11-16, CSB)

SLIDE 9

Napkin List

- Provision
- Relationships
- Status
- Health
- Security

SLIDE 10

Clinical Definition of Anxiety:

“An abnormal and overwhelming sense of apprehension and fear often marked by physical signs (such as tension, sweating, and increased pulse rate), by doubt concerning the reality and nature of the threat, and by self-doubt about one’s capacity to cope with it.” (Webster)

SLIDE 11

Spiritual Definition of Anxiety

“Anxiety is rooted in trying to care, by myself, for that which only God can do. Worry reigns in our lives when we think or act as if something is ultimately up to me rather than up to God. It actually has to do with the desire to control things.” (Alistar Begg)

SLIDE 12

‘Does God really care about my physical provision? Or is he just concerned about the spiritual things?’

‘Does God really care about my marriage, my parenting, my singleness, my friendships? Or is he just concerned about my relationship with him?’

‘Does God really care about my status, my successes, my reputation? His word talks a lot more about humility than success, so where does that leave me?’

‘Does God really care about whether or not I get COVID? Or is he more concerned with my spiritual health?’

‘Does God really care about my security? Or about our nation? Or about our freedoms? Or does it all end at “turn the other cheek?”’

SLIDE 11 (Scripture Reading)

“Therefore I tell you: Don’t worry about your life, what you will eat or what you will drink; or about your body, what you will wear. Isn’t life more than food and the body more than clothing?”

Consider the birds of the sky: They don’t sow or reap or gather into barns, yet your heavenly Father feeds them. Aren’t you worth more than they? Can any of you add one moment to his life span by worrying? And why do you worry about clothes? Observe how the wildflowers of the field grow: They don’t labor or spin thread. Yet I tell you that not even Solomon in all his splendor was adorned like one

of these. If that's how God clothes the grass of the field, which is here today and thrown into the furnace tomorrow, won't he do much more for you - you of little faith?

So don't worry, saying 'What will we eat?' or 'What will we drink?' or 'What will we wear?' For the Gentiles eagerly seek all these things, and your heavenly Father knows that you need them. But seek first the kingdom of God and his righteousness, and all these things will be provided for you.

Therefore don't worry about tomorrow, because tomorrow will worry about itself. Each day has enough trouble of its own." (Matthew 6:25-34, CSB)

SLIDE 13 (Benediction)

"Therefore don't worry about tomorrow, because tomorrow will worry about itself. Each day has enough trouble of its own." (Matthew 6:34, CSB)

COMMUNITY GROUP QUESTIONS

Jesus knew that when we worry about things, we do not live with a kingdom mindset, and we do not live with our full faith in our heavenly Father. He addressed this topic when he was teaching to a group of people on the sermon on the mount. Jesus challenged the way we think about worry and fear, calling us to a deeper faith in our heavenly Father. The best life for us is not found in fear and anxiety, but fully relying on God to supply our needs.

READ

Matthew 6:25-34

ASK

- 1) What are some initial observations you have from this passage? Are there key words or phrases that stand out to you specifically? Share.
- 2) How does anxiety reveal a lack of faith in our lives? Try to be specific and use personal examples.
- 3) In verse 32, Jesus says that even the Gentiles (unbelievers) “eagerly seek” the same things we need. What is the difference between stewardship and *eagerly seeking* that which we don’t yet have? How does this dynamic play out in your dependency on Jesus?

READ

Philippians 4:19

ASK

- 4) What is the difference between *wishful thinking* and *divine expectation*?

Jesus has never promised us wealth, success, fame, or comfort. In fact, the New Testament is full of promises that following Jesus will cost, that there will be trials and tribulations, that there will be uncomfortable seasons and that even our own reputation may suffer as a result of seeking the Kingdom. Therefore, what is Jesus actually telling us we can expect from our heavenly Father?

READ

Philippians 4:6-7

Praise & Prayer

1. First, praise God for all that he has blessed and provided for you.
2. Next, confess ways in which you are not trusting God.
3. Then, ask God for the faith and resolve to begin trusting God in these areas.
4. Finally, thank God for his trustworthiness in all things.

CLOSE IN PRAYER