

SERMON NOTES

The Grand Narrative
Epoch Seven

JESUS TEACHES ON WORRY February 22, 2026

Psalm 34:19 (NKJV)

"Many are the afflictions of the righteous, but the LORD delivers him out of them all."

Matthew 6:25-34 (NIV)

"Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more than food, and the body more than clothes? 26Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they? 27Can any one of you by worrying add a single hour to your life? 28"And why do you worry about clothes? See how the flowers of the field grow. They do not labor or spin. 29Yet I tell you that not even Solomon in all his splendor was dressed like one of these. 30If that is how God clothes the grass of the field, which is here today and tomorrow is thrown into the fire, will he not much more clothe you— you of little faith? 31So do not worry, saying, 'What shall we eat?' or 'What shall we drink?' or 'What shall we wear?' 32For the pagans run after all these things, and your heavenly Father knows that you need them. 33But seek first his kingdom and his righteousness, and all these things will be given to you as well. 34Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own."

Philippians 4:7 (NIV)

"And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus."

RECIPE FOR PEACE

Philippians 4:6 NIV

"Do not be anxious about anything ..."

I. _____ YOUR WORRIES.

Matthew 6:27 (NIV)

"Who of you by worrying can add a single hour to his life?"

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Philippians 4:6-7 (NIV)

"...in everything, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus."

2. REACH UP IN _____.
1 Peter 5:7 (NIV)

"Cast all your anxiety on him because he cares for you."

Philippians 4:8 (NIV)

"Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things."

3. RENEW YOUR _____.
Matthew 6:33 (NIV)

"But seek first his kingdom...and all these things will be given to you as well."

Philippians 4:11-12 (NIV)

"I have learned to be content whatever the circumstances. I have learned the secret of being content in any and every situation..."

4. REST IN _____.
1 Timothy 6:6 (NIV)

"But godliness with contentment is great gain."

Philippians 4:13 (NIV)

"I can do everything through him who gives me strength."

Philippians 4:19 (NIV)

"And my God will meet all your needs according to his glorious riches in Christ Jesus."

5. RELY ON HIS _____.
1 Peter 5:7 (NIV)

"Cast all your anxiety on him because he cares for you."

Next Week in The Grand Narrative:
Epoch 8 (Surrender)
Jesus and the Rich Young Ruler

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