



Overcoming

“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? 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?”

And which of you by being anxious can add a single hour to his span of life? And why are you anxious about clothing? Consider the lilies of the field, how they grow: they neither toil nor spin, yet I tell you, even Solomon in all his glory was not arrayed like one of these.

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.

Therefore do not be anxious, saying, 'What shall we eat?' or 'What shall we drink?' or 'What shall we wear?' For the Gentiles seek after all these things, and your heavenly Father knows that you need them all. But seek first the kingdom of God and his righteousness, and all these things will be added to you.

Matthew 6v25-34 (ESV)

Why are we anxious?

What does anxiety reveal about us?

How does anxiety subside?

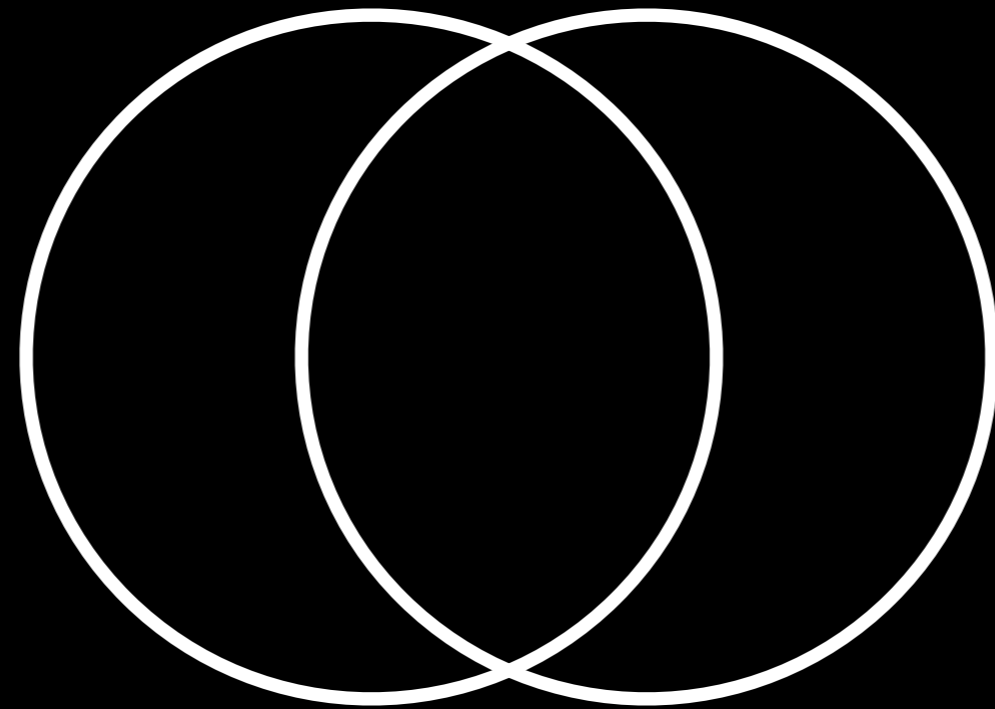
A calm confidence in Jesus will transform us into a non-anxious presence.

How do we grow into people who embody a non-anxious presence?

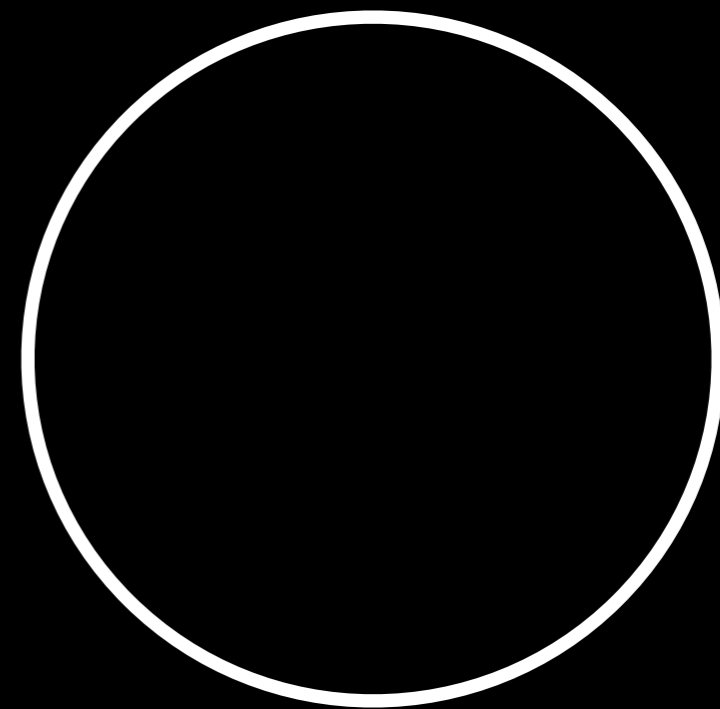
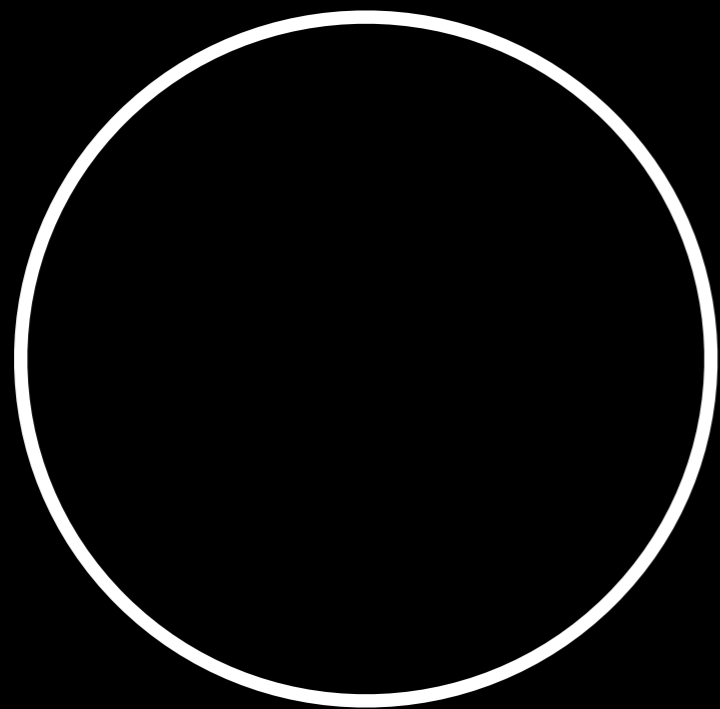
Regain perspective.

Recover surrender.

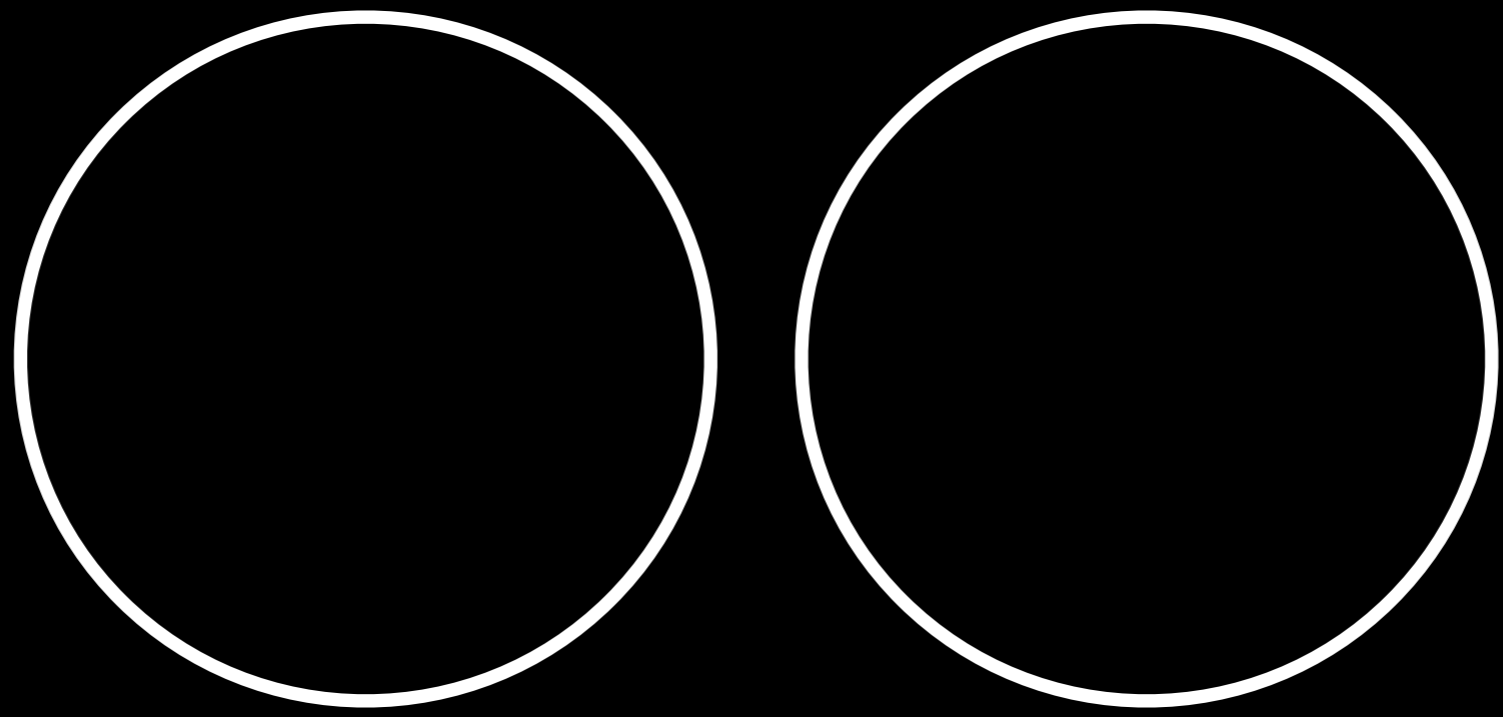
Resist becoming enmeshed.



Enmeshment
(Anxious Presence)



Detached
(Non-Anxious Absence)



Differentiation
(Non-Anxious Presence)

Reclaim the Good News of the Kingdom of God.

Jesus, I give to you my anxiety
about_____.

With calm confidence in you, make me a non-anxious
presence in the world today.