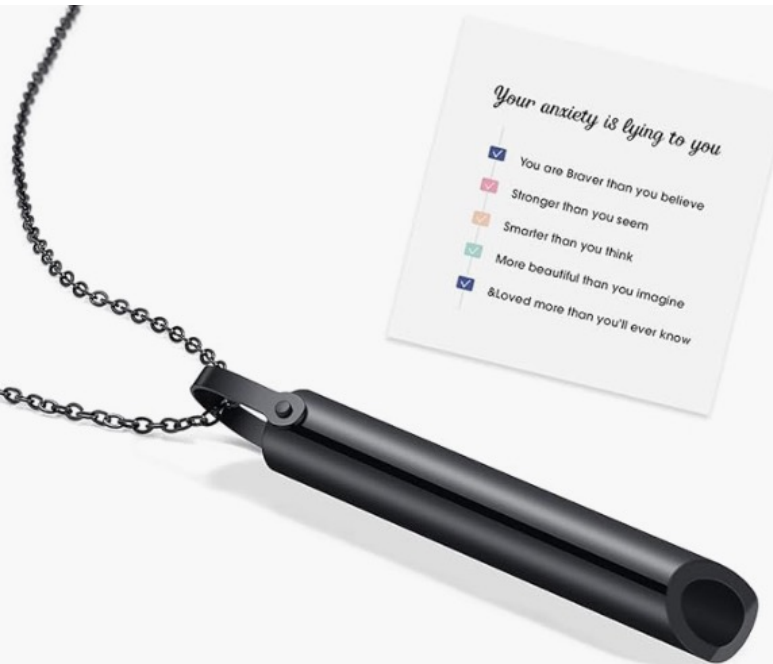
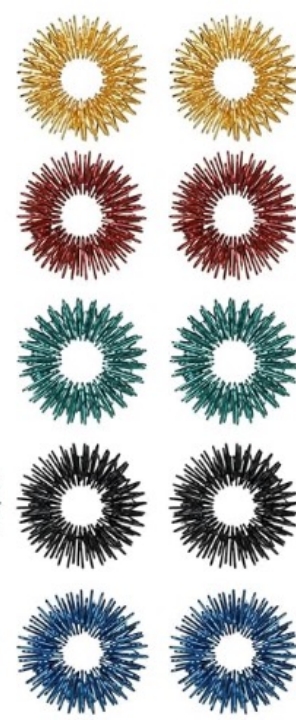


GOOD TO GREAT

THE SERMON ON THE MOUNT

ANXIETY: SHIFTING THE FOCUS





Good News #1:
We aren't alone.

Matthew 6:25

“Therefore I tell you, do not be anxious...”

Good News #2:
There is help.

Two ways to mitigate anxiety

1) ANTITHESIS of anxiety

Matthew 6:21

“For where your treasure is there your heart will be also.”

Matthew 6:25

“Therefore I tell you, do not be anxious.”

Ecclesiastes 5:10 (NLT)

Those who love money will never have enough. **How meaningless to think that wealth brings true happiness!**

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Those who love money will never have enough. **How meaningless to think that wealth brings true happiness!**

+ 2:11, 18-19, 22-23

Renewing your mind around a better narrative...

- Simplify your expectations



EASTER

AT GRACE POINT CHURCH

MARCH 31ST, 2024

8AM • 9:30AM • 11AM



We spend money we don't have
on things we don't need
to impress people we don't know or like.

Matthew 6:25-26

“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? ²⁶ 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?”

Psalm 37:25

I have been young, and now am old, yet
I have not seen the righteous forsaken or
his children begging for bread.

ABC BUDGET

Income (Take-Home)

Husband	\$ 50,000
Wife	
Total	\$ 50,000

ABC Budget:

A – Absolute Needs

B – Basic Comfort

C – Comfortable Living



	Absolute	\$ A	Basic	\$ B	Comfort	\$ C
Giving						
Tithe (10%)		\$ 5,000	Envision offerings	\$ 200	Mission Offerings	\$ 25
			Other		Other	
Savings						
Emergency Fund		\$ 50	Retirement	\$ 200	College	\$ 50
Other			Other		Other	
Housing						
Mortgage		\$ 1,100	Basic Internet	\$ 30	Cable/Internet	\$ 75
Property Tax		\$ 100	Cell Phones	\$ 70	Cell Features	\$ 50
Home Insurance		\$ 100	Home Repairs	\$ 50	Furniture Repl	\$ 50

Renewing your mind around a better narrative...

- Simplify your expectations
 - Embrace your limits

LIFE PRINCIPLE

Give yourself a gift:
embrace your limits.

Matthew 6:27

“And which of you by being anxious can add a single hour to his span of life?”

Three Stress Buckets

**What I
can control**

**What WE
can control**

**What is beyond
OUR control**

Three Stress Buckets

**What I
can control**

FIX IT.

**What WE
can control**

*COLLABORATE
ON IT.*

**What is beyond
OUR control**

*TRUST GOD
WITH IT.*

Renewing your mind around a better narrative...

- Simplify your expectations
 - Embrace your limits
 - Let God be God

Matthew 6:28-31

“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.

Matthew 6:25-31

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? ³¹ Therefore do not be anxious, saying, ‘What shall we eat?’ or ‘What shall we drink?’ or ‘What shall we wear?’”

Matthew 11:28

“Come to me, all who labor and are heavy laden, and I will give you rest.”

Matthew 11:29-30

“Take my yoke upon you, and learn from me, for I am gentle and lowly in heart, and you will find **rest for your souls**.³⁰ For my yoke is easy, and my burden is light.”

1 Peter 5:7

[Cast] all your anxieties on him, because he cares for you.

Two ways to mitigate anxiety

- 1) **ANTITHESIS** of anxiety
- 2) **ANTIDOTE** to anxiety

Matthew 6:33

“But seek first the kingdom of God and his righteousness, and all these things will be added to you.”

Matthew 6:34

“Therefore do not be anxious about tomorrow,
for tomorrow will be anxious for itself.
Sufficient for the day is its own trouble.”

Serenity Prayer – Reinhold Nieburhr

*God, grant me serenity
to accept the things I cannot change,
courage to change the things I can,
and wisdom to know the difference...*

Serenity Prayer – Reinhold Nieburhr

*...living one day at a time,
enjoying one moment at a time,
accepting hardship as a pathway to peace;
taking, as Jesus did,
this sinful world as it is, not as I would have it;
trusting that You will make all things right
if I surrender to Your will;
so that I may be reasonably happy in this life
and supremely happy with You forever in the next.
Amen.*