Hope for the Anxious
Matthew 6:25-34

Slide 1-2: The Passage

Slide 3: Getting Started

- Worry is used 6 times in the passage
- Worry means 'to strange, choke, seize by the throat' (Hebrew)
- Worry means 'to be pulled in different directions' (Greek)

Slide 4: Worry is….

1. Worry drains us without changing anything (vs 25-26)

2. Worry cannot change the outcome (vs 27)

Slide 5: Worry Is…

2. Worry cannot change the outcome

40% never happens
30% concerns the past
12% are needless worries about health
10% are about petty issues
8% are legitimate concerns

92% is wasted energy….

Slide 6: Worry makes it harder to stand firm in faith. (28-32)

"Be careful, or your hearts will be weighed down with dissipation, drunkenness and the anxieties of life…"Luke 21:34

Slide 7: Fighting Anxiety

1. Put God First (vs 33)

"But seek first His kingdom and His righteousness, and all these things will be added to you as well."

The promise Jesus makes is conditional: if we seek Him first…..then all things will be added.

Slide 8: Fighting Anxiety

2. Trust God with what comes next (vs 34)

3. Confess worry as a sin and give thanksgiving to God

4. Change your viewpoint

Slide 9: Change your viewpoint

We face life differently when we are secure in the Father’s care, the Son’s salvation, and the Spirit’s comfort.