

SERIES: The Sermon on the Mount

MESSAGE: The Cure for Anxiety

TEXT: Matthew 6:25-34

Pastor Cory Anderson / 06.06.2021

Introduction:

You do not need to be anxious because...

1. Your life is _____ to God (v.25; Lk. 12:13-23).
2. Your life is _____ to God (v.26).
3. Your life is _____ by God (v.27).
4. Your life is _____ by God (v.28-30).
5. Your life is _____ by God (v.31-32).

God's Remedy for an Anxious Soul

1. _____ God's kingdom and righteousness (v.33).
2. _____ focused on today and leave tomorrow with God (v.34).

Conclusion:



COMMUNITY GROUP QUESTIONS

1. When we are anxious or worried, we are typically focused on the wrong things. Based on Matthew 6:25-34 where should we direct our focus?

2. Sunday's message pointed out five truths we need to remind ourselves during times of anxiety. Notice that all five truths have to do with '*right thinking*' about ourselves and God (i.e., our lives are eternal, valuable, planned, cared for, and known by God). Talk together about the role of 'right thinking' in our lives in light of Matthew 6:25-34 and Philippians 4:6-9 (especially v.8). How can we help each other to '*think rightly*' when we are overwhelmed with an anxious heart?

3. How many times does Jesus ask a question in his teaching in Matthew 6:25-34? How might this method of asking questions help you to care for a friend dealing with anxiety? How is asking a question better at times than just making a statement? As you read this passage, what do the questions of Jesus do for you?

- Is not life more than food, and the body more than clothing? (v.25).
- Are you not of more value than they? (v.26).
- Which of you by being anxious can add a single hour to his span of life? (v.27).
- Why are you anxious about clothing? (v.28).
- Will he not much more clothe you, or you of little faith? (v.30).

4. What does Philippians 4:6-9 tells us about how to deal with anxiety?

5. What does 1 Peter 5:7 tell us about how to deal with anxiety?

6. What are you anxious about? How can you pray for each other tonight?

