



“The Cure for Anxiety and Stress”

Matthew 6:25–34

Rob Looper

**With God as our Master,
we need never worry.**

I. Because worry is fruitless.

**A. God has ordained our daily care
(6:25-27; cf. Psalm 139:14-17)**

B. It steals our focus from the present moment (6:34)

**With God as our Master,
we need never worry.**

- II. Because worry is faithless (6:25).**
 - A. It loses sight of what is most valuable (6:25; 31, 32).**
 - B. It forgets we have a father (6:27, 28-30).**
 - C. It loses sight of the Kingdom to which we belong (6:33-34).**