

HOW TO RESPOND TO ANXIETY
At the Movies, Pt. 1
September 7, 2025

Matthew 6:25-27

Matthew 6:28 “And why do you worry about clothes? See how the flowers of the field grow. They do not labor or spin. ²⁹ Yet I tell you that not even Solomon in all his splendor was dressed like one of these. ³⁰ If that is how God clothes the grass of the field, which is here today and tomorrow is thrown into the fire, will he not much more clothe you—you of little faith” (NIV)

Matthew 6:31 “So do not worry, saying, ‘What shall we eat?’ or ‘What shall we drink?’ or ‘What shall we wear?’ ³² For the pagans run after all these things, and your heavenly Father knows that you need them.” (NIV)

To protect myself from anxious living...

Get _____ .

Psalm 29:7 The voice of the LORD strikes with flashes of lightning.(NIV)

Matthew 6:33 “But seek first his kingdom and his righteousness, and all these things will be given to you as well.” (NIV)

Put _____ .

Matthew 6:30 “If that is how God clothes the grass of the field, which is here today and tomorrow is thrown into the fire, will he not much more clothe you—you of little faith?” (NIV)

Trust _____ .

Philippians 4:6

Matthew 6:34 “Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.” (NIV)

Live _____ .