

Wheelersburg Baptist Church 5/02/2021

Matthew 6:25-34 "Do Not Be Anxious"

Series: *The Sermon on the Mount: Kingdom Living 101*

I. Anxiety is _____ (25-30).

- A. Consider the _____ (26).
- B. Consider your own _____ (27).
- C. Consider the _____ (28-30).

II. Anxiety is _____ (31-33).

- A. When we're anxious, we look like the _____ (31-32).
- B. We are to seek first God's _____ (33).
 - 1. This promise involves a _____.
 - 2. This promise involves a _____.

III. Anxiety is _____ (34).

- A. Deal with today's problems _____.
- B. Deal with tomorrow's problems _____.

Take Inventory: Am I an anxious person?

1. Take a walk in the _____ this week.
2. _____ this important promise of God.
3. _____ to trust your Father with every problem.

Community Group Discussion:

1. In this morning's message from the Sermon on the Mount, Jesus talks plainly to us about anxiety in Matthew 6:25-34. After reading the passage again, discuss the question, "What makes you anxious?"
2. Three times in this passage Jesus gives the command, "Do not be anxious" (verses 25, 31, & 34). What specifically are we *not* to be anxious about, and why not?
3. What prescription does Jesus give for overcoming anxiety in verse 26? In verse 28?
4. Any disobedience to a command in God's Word is a sin. Thus, to be anxious is to sin. Why do we often tend to excuse our anxiety?
5. Worrying about *things* should not preoccupy us, as followers of Jesus. What should preoccupy our thinking, according to verse 33? What does it mean practically speaking to seek first God's kingdom, and what does this have to do with anxiety?
6. Life is full of legitimate concerns. How can we tell when we have crossed the line from legitimate concern to worry/anxiety?