



G R O W
U P

The Tension:

**Our circumstances and our feelings
about our circumstances are
unreliable sources of confidence but
God uses our trials and circumstances
to grow our trust in him.**

G R O W U P

Matthew 6:25

Therefore I tell you, do not be anxious about your life, what you will eat or what you will drink, nor about your body, what you will put on. Is not life more than food, and the body more than clothing?

G R O W U P

Matthew 6:26

Look at the birds of the air: they neither sow nor reap nor gather into barns, and yet your heavenly Father feeds them. Are you not of more value than they?

G R O W U P



G R O W
U P

1. Your Father values you.

G R O W U P

**Here's is one good indicator
of God's view of you:
The cross of Jesus.**

G R O W U P



G R O W
U P

Matthew 6:27

**And which of you by being anxious
can add a single hour to his span of
life?**

G R O W U P

**2. Anxiety doesn't solve
any problems.**

G R O W U P



G R O W
U P

“Worry: Can mean concern, in the proper bounds, that is appropriate. That’s not what we’re talking about in this passage. It also “expresses intense feelings of anxiety about issues of life... about many less important things, or about the pressing daily matters of life.”

Michael Wilkins

For example:

- I'm worried about things that will happen
- I'm worried about things that have happened
- I'm worried about things that could happen

G R O W U P



G R O W
U P

Matthew 6:28-29

And why are you anxious about clothing? Consider the lilies of the field, how they grow: they neither toil nor spin, yet I tell you, even Solomon in all his glory was not arrayed like one of these.

G R O W U P

Matthew 6:30

But if God so clothes the grass of the field, which today is alive and tomorrow is thrown into the oven, will he not much more clothe you, O you of little faith?

G R O W U P

Matthew 6:31

**Therefore do not be anxious, saying,
‘What shall we eat?’ or ‘What shall we
drink?’ or ‘What shall we wear?’**

G R O W U P

Matthew 6:32-33

For the Gentiles seek after all these things, and your heavenly Father knows that you need them all. But seek first the kingdom of God and his righteousness, and all these things will be added to you.

G R O W U P

Matthew 6:34

“Therefore do not be anxious about tomorrow, for tomorrow will be anxious for itself. Sufficient for the day is its own trouble.

G R O W U P



G R O W
U P

**3. Your Father knows your
needs.**

G R O W U P

1 Peter 5:6-7

Humble yourselves, therefore, under the mighty hand of God so that at the proper time he may exalt you, casting all your anxieties on him, because he cares for you

G R O W U P

In your trials apply this principle: Seek first the kingdom! All else needed is provided.

G R O W U P



G R O W
U P