



ANXIETY - CONTROL IT BEFORE IT CONTROLS YOU

Sermon Notes

Text: Matthew 6:25-34

Intro:

Anxiety pays emotional interest on crisis before the payment is due

“Worry does not empty tomorrow of its sorrow; it empties today of its strength” ~Corrie Ten Boom

Matthew 6:25-34

Anxiety is Categorized:

- a) Earthy Anxiety
 - Money
 - Clothing
 - Food
- b) Existential Anxiety
 - Adding hours to your life
 - Tomorrow's trouble
 - Fear of the unknown
 - Anxiety about the future

Lesson's I've learned about Anxiety:

1. It strangles God's Word (Mark 4:18-19)
2. It steals our contentment (1 Timothy 6:6-10)
3. It shrinks and stretches reality (Numbers 12:32-33)
4. It slows us down (Matthew 11:28-30)

Action plan for Anxiety - Philippians 4:4-7

1. *Rejoice* - Fill your mind with joyful thoughts
2. *Remember* - Life is temporary. Jesus is coming back!
3. *Recite* - Tell God what you need
4. *Recall* - What God has already done
5. *Remain* - In a place where you can experience God's peace

Conclusion:

Life Group Discussion

Warm up:

1. What stood out to you about Sunday's sermon? What was interesting? Confusing? Weird? Thought provoking?
2. Do you think people are more anxious today than ever? Or are we just more aware of it? What do you think the main causes of anxiety are?

Study & Discussion:

1. Read Matthew 6:25-34. What is Jesus saying about anxiety & worry? How do they affect us? What should we do about them?
 - What is the difference between "earthly anxiety" and "existential anxiety"?
2. Look at the four lesson's learned about anxiety in the sermon notes. Have experienced these effects of anxiety? What would you add to this list?
3. Read Philippians 4:4-7. What does this passage say about anxiety?
 - Reflect on the 5 "Rs" in the action plan for anxiety (see notes)
 - i) How do you add joyful thoughts when your mind is full of worry?
 - ii) How does Jesus' second coming help us endure anxiety?

iii) Why tell God about our anxiety when he already knows how we feel and what we need?

iv) Do you practice thankful thinking? How could you add this into your regular routine?

v) Peace is the opposite of anxiety, and it is the promise of God for those who are close to him. How do you find peace in God?

Prayer:

- Pray for healing from anxiety

Other Requests

-
-
-
-