

Overcoming Anxiety
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Matthew 6:25-34
2014

Pastor

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Are You Anxious? - *Matthew 6:25-34*

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Causes of Anxiety

1. **Lack of Purpose** - *Matthew 6:25, Ephesians 2:10*

Matthew 6:25 - "...is not life more than food, and the body than clothing?"

Ephesians 2:10 - "We are His workmanship, created in Christ Jesus for good works..."

2. **Lack of Worth** - *Matthew 6:26, Psalm 17:8*

Matthew 6:26 - "...are you not worth much more than they?"

3. **Lack of Trust** - *Matthew 6:27-30, Psalm 23:4*

Matthew 6:27 - "And which of you by being anxious can add a single cubit to his life's span?"

Psalm 23:4 - "Even though I walk through the valley of the shadow of death, I fear no evil; for Thou art with me; Thy rod and Thy staff, they comfort me."

Cure for Anxiety - *Matthew 6:31-33, Romans 14:17*

Matthew 6:33 - But seek first His kingdom and His righteousness; and all these things shall be added to you."

What does it mean to seek first God's kingdom?

- Be people of the Spirit - *Galatians 5:16-25*

- Be servants of God - *Matthew 6:24*

- Be faithful stewards - *1 Corinthians 4:2*

- Be renewed in your minds - *Colossians 3:1-4*

One Day at a Time - *Matthew 6:34*

Matthew 6:34

Challenge: If fighting anxiety, do a word study on the words anxious and peace
- see what God speaks to you.