

## Anxiety

Matthew 6:25-34

## Anxiety

### Survey:

- ▶ 40% of things we worry about never happen.
- ▶ 30% of our worries are about the past.
- ▶ 12% of our worries are about what others think of us.
- ▶ 10% of our worries are about our health.
- ▶ 8% of our worries are about real problems we are going to face.

## Anxiety

### Do not worry about temporal things. Matthew 6:25

- ▶ Contrary to nature. Matthew 6:26-30
- ▶ Contrary to godliness. Matthew 6:31-33
- ▶ Contrary to providence. Matthew 6:34; Isaiah 41:10; 35:4; Psalms 56:2-4; Revelation 1:17; Hebrews 13:5

## Conquering Anxiety

Matthew 6:25-34; Philippians 4:4-8

### Develop an abiding faith in God. Matthew 6:30

- Romans 4:3 Abraham believed God! Genesis 22:1ff; Hebrews 11:17; James 2:21ff; Romans 8:31-39
- ▶ Luke 8:22, *"Where is your faith?"* (verse 25)

## Conquering Anxiety

Matthew 6:25-34; Philippians 4:4-8

### Learn contentment. Matthew 6:33

- ▶ Example:
  - Paul in prison. Philippians 4:10-13
  - Leah ... *Genesis 29:30, "and he loved also Rachel more than Leah" (cf. Genesis 29:31-35; 30:20).*

## Conquering Anxiety

Matthew 6:25-34; Philippians 4:4-8

### Learn to communicate with God in prayer. Philippians 4:6

- ▶ Example:
  - Hezekiah. 2 Kings 18:13ff, 19ff, 19:14-19, 32 (cf. 1 Peter 5:6-7)
  - Paul. 2 Corinthians 12:9

## Conquering Anxiety Matthew 6:25–34; Philippians 4:4–8

### Learn to control your thoughts. Philippians 4:8

- ▶ Example: “True.” Removes speculation ...  
What if? cf. 2 Corinthians 10:3ff

7

## Conquering Anxiety Matthew 6:25–34; Philippians 4:4–8

### Live Godly in Christ Jesus. Philippians 4:9

- ▶ Hypocrisy will destroy you.  
*Isaiah 48:22, “There is no peace, saith Jehovah, to the wicked.”*  
*Isaiah 57:20–21, “But the wicked are like the troubled sea; for it cannot rest, and its waters cast up mire and dirt. There is no peace, saith my God, to the wicked.”*

8

## Conclusion

### No Need To Worry.

*John 14:1–3, “Let not your heart be troubled: believe in God, believe also in me ... And if I go and prepare a place for you, I come again, and will receive you unto myself; that where I am, (there) ye may be also.”*

*Ephesians 3:20, “Now unto him that is able to do exceeding abundantly above all that we ask or think, according to the power that worketh in us”*

9