

MESSAGE NOTES

August 2, 2009

“JESUS TEACHES US HOW TO OVERCOME ANXIETY”

READ: Matthew 6:25-34

1) He gives us reasons not to worry:

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- *“Do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more important than food, and the body more important than clothes?” (25).*

What do you worry about? Why?

Explain what worry really is.

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- *“Who of you by worrying can add a single hour to his life?” (27).*

What does worrying do to your life?

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- *“Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they?...And why do you worry about clothes? See how the lilies of the field grow. They do*

not labor or spin. Yet I tell you that not even Solomon in all his splendor was dressed like one of these. If that is how God clothes the grass of the field, which is here today and tomorrow is thrown into the fire, will he not much more clothe you, O you of little faith?” (26,28-30).

How do the birds and flowers teach you not to worry?

2) He shows us how to live

- *“But seek first his kingdom and his righteousness, and all these things will be given to you as well” (33).*

Where does Jesus direct your priorities as you pray the Lord’s Prayer?

How does God normally provide for our daily bread (our daily needs)?

- *“If a man will not work, he shall not eat” (2 Thessalonians 3:10).*
- *“God surely gives daily bread without our asking, even to all the wicked, but we pray in this petition that he would lead us to realize this and to receive our daily bread with thanksgiving.” (Luther’s Explanation to the 4th Petition)*

How do you respond when God gives you your daily bread?

- *“Cast all your anxiety on him, because he cares for you” (1 Peter 5:7).*