

A dark, atmospheric landscape featuring a road that recedes into the distance, flanked by hills and leading towards a range of mountains under a dim sky. The overall tone is somber and contemplative.

**BE ANXIOUS FOR NOTHING**

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**JUNE SERMON SERIES**

# Philippians 4:6-7 (NKJV)

## Foundation Scripture

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**Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus.**

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**The Greek definition for ANXIETY means to be drawn in different directions, dividing, and fracturing a person's being into parts.**

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**You are PULLING yourself into  
parts when you have anxiety.**

# Matthew 6:25-34

## Scripture Lesson

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**“Therefore I say to you, do not worry 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? Look at the birds of the air, for they neither sow nor reap nor gather into barns; yet your heavenly Father feeds them. Are you not of more value than they? Which of you by worrying can add one cubit to his stature?”**

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**“So why do you worry about clothing? Consider the lilies of the field, how they grow: they neither toil nor spin; and yet I say to you that even Solomon in all his glory was not arrayed like one of these. Now if God so clothes the grass of the field, which today is, and tomorrow is thrown into the oven, *will He not much more clothe you, O you of little faith?*”**



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“Therefore do not worry, saying, ‘What shall we eat?’ or ‘What shall we drink?’ or ‘What shall we wear?’ For after all these things the Gentiles seek. For your heavenly Father knows that you need all these things. But seek first the kingdom of God and His righteousness, and all these things shall be added to you. Therefore do not worry about tomorrow, for tomorrow will worry about its own things.

Sufficient for the day *is* its own trouble.

# **DON'T WORRY ABOUT YOUR LIFE**

## **Lesson One**

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# I. Jesus Admonishes Us Against Worrying.

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**Matthew 6:25a**, Therefore I say to you, do not worry about your life, what you will eat or what you will drink; nor about your body, what you will put on.

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**Matthew 6:11**, Give us this day our daily bread.

“God gives us the ingredients for our daily bread, but He expects us to do the baking!”

Chip Ingram

## II. Jesus Argues Against Worrying.

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**Matthew 6:25b**, Is not life more than food and the body more than clothing?

**Matthew 6:26**, Look at the birds of the air, for they neither sow nor reap nor gather into barns; yet your heavenly Father feeds them. Are you not of more value than they?

**Matthew 6:27**, Which of you by worrying  
can add one cubit to his stature?

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**Matthew 6:28-30**, “So why do you worry about clothing? Consider the lilies of the field, how they grow: they neither toil nor spin; <sup>29</sup> and yet I say to you that even Solomon in all his glory was not arrayed like one of these. <sup>30</sup> Now if God so clothes the grass of the field, which today is, and tomorrow is thrown into the oven, *will He* not much more *clothe* you, O you of little faith?

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“The beginning of anxiety is the end of faith, and the beginning of true faith is the end of anxiety.”

George Muller

# ELIMINATING WORRY FROM YOUR LIFE

Lesson Two

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The word **eliminate** means to get rid of or do away with," it refers to the end of a problem.

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“Worry implies that we don’t quite trust that God is big enough, powerful enough, loving enough to take care of what’s happening in our lives.”

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**Matthew 6:31**, “Therefore do not worry, saying, ‘What shall we eat?’ or ‘What shall we drink?’ or ‘What shall we wear?’”

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“The real cure for worry is to be found not only in trusting God more fully, but also in getting our priorities straight.”

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**Matthew 6:32**, For after all these things the Gentiles seek. For your heavenly Father knows that you need all these things.

The word "**Gentiles**" means "nations," and may also be translated as "pagans" or "heathens."



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1. *When We Worry More About Our  
Temporal, Earthly Needs Than We Do About  
Eternal, Heavenly Things, We Are Behaving  
The Same Way The Heathens Do.*

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**Matthew 13:22**, Now he who received seed among the thorns is he who hears the word, and the cares of this world and the deceitfulness of riches choke the word, and he becomes unfruitful.

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2. *When We Worry As The Heathens Do,  
We Are Acting As Though Our Heavenly  
Father Does Not Really Know Or  
Understand Our Needs.*

We will never have a stronger faith  
until we have the right priorities.

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**Matthew 6:33**, seek first the  
kingdom of God and His  
righteousness, and all these things  
shall be added to you.

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**Matthew 4:23a**, And Jesus went about all  
Galilee, teaching in their synagogues,  
preaching the gospel of the kingdom.

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**Matthew 6:9-10**, In this manner,  
therefore, pray: Our Father in heaven,  
Hallowed be Your name. Your kingdom  
come. Your will be done on earth as it is  
in heaven.

Living Righteously Requires That  
We Show No Partiality

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**Acts 10:34-35 (NKJV)**, Then Peter opened *his* mouth and said: “In truth I perceive that God shows no partiality. But in every nation, whoever fears Him and works righteousness is accepted by Him.

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**James 2:8-9 (NKJV)**, If you really fulfill the royal law according to the Scripture, “You shall love your neighbor as yourself,” you do well; but if you show partiality, you commit sin, and are convicted by the law as transgressors.

Living Righteously Requires That  
We Love One Another As Jesus  
Loves Us.

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**John 13:34 (NKJV)**, A new commandment I give to you, that you love one another; as I have loved you, that you also love one another. If God is impartial and loves us with impartiality, then we need to love others with that same high standard.

Living Righteously Requires That We  
Should Be Compassionate Toward True  
Victims Of Racism And Point Them To  
Christ As The Only Answer.

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“Racism is the result of sin. Until the sin problem is dealt with—until people become new creations in Christ, the problem of racism will never be eradicated.”

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**Matthew 5:10**, Blessed are those who are persecuted for righteousness' sake, for theirs is the kingdom of heaven.

**Matthew 5:16**, Let your light so shine before men, that they may see your good works and glorify your Father in heaven.

Worry Is Eliminated When  
We Seek First The  
Kingdom Of God.

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**Matthew 6:34 (NKJV)**, Therefore do not worry about tomorrow, for tomorrow will worry about its own things. Sufficient for the day *is* its own trouble.

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“No man ever sank under the burden of the day. It is when tomorrow’s burden is added to the burden of today, that the weight is more than a man can bear.”

George MacDonald