

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.**

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**"Search me, O God, and know my heart;  
test me and know my anxious thought"**

**Psalm 139:23 (NIV)**

**Is my heart seeking after self or after  
a real, vibrant relationship with God?**

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**“For where your treasure is, there your  
heart will be also.”**

**Matthew 6:21**



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**Scripture Reference -Matthew 6:19-24**

**Jesus needs to be prioritized and valued  
above all else.**

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**“There is good worry and bad worry.”**  
**Good worry is more like a concern.**  
**Bad worry is self-focused.”**

# 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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**If you are worrying, you are  
not trusting.**

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**We will either try to control God or  
Trust God, but we cannot do both.**

**CONSIDER THE BIRDS**

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**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 6:26 (NKJV)**

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**You are more valuable, said the robin to the sparrow: I should really like to know. Why these anxious human beings, rush about and worry so.’ Said the sparrow to the robin: ‘friend, I think that it must be, that they have no heavenly Father, such as cares for you and me.’**

**ANXIETY IS NONSENSICAL.**

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**An average person's anxiety is focused on : 40% -- things that will never happen, 30% -- things about the past that can't be changed, 12% -- things about criticism by others, mostly untrue, 10% -- about health, which gets worse with stress, 8% -- about real problems that will be faced.**

**CONSIDER THE LILIES**

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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.**

**Matthew 6:28-29 (NKJV)**



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**Single-mindedness to Jesus equals  
more, not less simplicity.**

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**“ Materialism Is The Mother Of Anxiety.... People lay up treasures on earth rather than in heaven not only because of greed and selfishness, but also because of fear and insecurity. Yet putting our hope in earthly treasures does nothing but multiply anxiety. Why? Because earthly treasures are so temporary and uncertain.”**

**Rand Alcorn**

# THE REALM OF WORRY

Three Areas Of Worry:

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# 1. Anxiety about the *Body*.

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**Our body is a temple—not a god.**

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## 2. Anxiety about *Food*

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### 3. Anxiety about *Clothes*

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**“We put more thought into what we look like on the outside while we are laden with dirt on the inside.”**



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*"We live in the Age of Anxiety ....  
We've become a nation of nervous  
wrecks."*

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**God abundantly takes care of  
creation, how much more His  
disciples.**

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**“There isn’t enough room in your mind for both worry and faith. You must decide which one will to live there.”**