

## **Anxiety Busters, pt 2** **Matthew 6:25-34; 1 Peter 5:6-7**

### **Introduction: “tips” for helping with anxiety**

Problem: symptoms rather than root causes

### **Review: let God’s peace evict anxiety**

### **The command: *do not be anxious ...* (v 25)**

### **Anxiety buster 1: God CARES for you (25-30)**

Worry pulls us from God’s care.

Questions (with presumed answers)

*Isn’t the body more than food & life than clothing?*

*God feeds the birds. Aren’t you more valuable?*

*Can worry add a minute to life (cubit to stature)?*

God clothes the lilies – better than Solomon.  
*So why do you worry about clothes?*

Final question: *Will he not much more clothe you, O you of little faith?*

Jesus drills the underlying issue. Worry says I don’t **trust** my Father who cares for me!

Worry reveals a confused value system.

Crisis always reveals core values.

### **Buster 2: The Father KNOWS your needs. (v 31-32)**

How can He care? Because He knows.

So, what’s our response? **Trust**; then **Cast**.

How do I evidence trust? (v 33)

Worship & worry can’t coexist?

If you’re not sure how else to trust, worship.

But when I’m anxious, I don’t feel like worshipping.

Isaiah 26:3-4 (personalized)

Where do I go w/ the anxiety?

I **Cast** it upon the Lord. (1 Peter 5:6-7)

See Psalm 56:3

**Summary** (v 34)

A suitcase, a cruise and a history lesson

**Take it Home**