



# The Gospel of Matthew

## The foolishness of anxiety

It doesn't lengthen life (6:25-27)

It doesn't improve life (6:28-30)

It isn't a good witness (6:31-33)

It makes today worse (6:34)

## The causes of anxiety

Unprepared for battle

Unbecoming Christian priorities (6:19-24)

Unbelief in God (6:30)

# The Gospel of Matthew

## The cure of anxiety

Be content (v. 25, 26, 30)

- Philippians 4:5-6, 10-12

Exercise Faith (v. 30)

- That you are a child of God (v. 32)
- That your Father can and will provide (v. 26)
- That you are superior to all creation (v. 26)
- That your Father knows what you need (v. 32)

# The Gospel of Matthew

## The cure of anxiety

### Continual Prayer (v. 32)

- 1 Peter 5:6-7 – Cast your cares on God
- Philippians 4:6-7

Prayer – communicate with God

Supplication – pleading with God

Thanksgiving – content with whatever God's answer is

# The Gospel of Matthew

## The cure of anxiety

### Kingdom focused (v. 33)

- Kingdom is our focus – “seek first”
- The kingdom rules our lives – “His kingdom”
- Kingdom living is righteous living – “His righteousness”

# The Gospel of Matthew

## The cure of anxiety

Determined mindset (v. 34)

Stop imagining (v. 34)

Memorize Scripture

