

The Gospel of Matthew

The effects of anxiety

It breeds more doubt (Matthew 6:30)

It prevents rest (Matthew 11:28-30)

It chokes out Gods Word (Matthew 13:7,22)

It prevents us from being alert (Luke 21:34-36)

It prevents us from focusing on God (Luke 10:38-42)

It's a barrier to peace (John 14:27)

It can lead to depression (Proverbs 12:25)

The Gospel of Matthew

The examples of anxiety

Three examples of anxiety in Scripture

- David (Psalm 13:1-5, 69:1-36)
- Jacob (Genesis 32)
- Nation of Israel (Esther 4:1-3)

The occasion of anxiety

Matthew 7-10 offers several places where anxiety could arise...

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)

