

Sermon on the Mount
Freedom From Anxiety
Matthew 6:25-34

Introduction

In our text passage today, Jesus addresses our relationship with material wealth and the effect of the anxiety it can produce. Of course, we need to be responsible with our worldly possessions, but we also need to place our faith in God, knowing He will never let us down. Jesus teaches that we can address our anxiety by pursuing God's priorities instead.

1. It an incredible benefit to be free from _____.
2. We need to distinguish between anxiety and _____ action.
3. God commands us to develop and exercise our planning and work and rebukes those who don't plan ahead as _____.
4. Anxiety is _____ gone overboard.
5. Anxiety obsessing over things you have no _____.
6. Jesus wants His followers to have growing _____ from the anxiety that so quickly invades our lives and destroys our peace and sense of well-being.
7. Anxiety drains us emotionally, mentally, and _____.
8. Jesus said, "Do not worry!" not as a _____ but as an invitation.
9. You don't need to worry about things because _____ is a good Father who really does care for His children.
10. By _____ Christ, you become God's child and come under His care.

11. Jesus explains how _____ is the key to conquering anxiety.

I. Faith Chooses God

12. In verse 33, Jesus says, "But seek _____ the kingdom of God and His righteousness, and all these things shall be added to you." (Matthew 6: 33 NKJV)

13. Freedom from anxiety is only available to those who choose the way of _____.

14. The first question to ask is, "Are you a child of God? Is your hope in this _____, or do you have an eternal hope in Christ?"

15. For the Christian, anxiety is the "red light" that says, "Stop! You need to _____ God!"

II. Faith Argues With Anxiety

16. Faith is _____ and does not back away from an argument with anxiety.

17. Biblical faith always promotes the right kind of _____.

18. Fear and anxiety destroy a person's ability to reason _____.

19. Those who do not exercise faith will allow life's circumstances to intimidate them into _____.

20. The Bible is full of _____.

21. Christian faith is what brings you to worship and what causes you to take _____ following worship.

22. Christian faith is essentially thinking with the mind of _____.

23. _____ thinking is the fundamental nature of worry.

24. Jesus gives us mostly rational arguments in this passage:

- If God has provided us with physical life, He will provide us with the necessary things to _____ it. (6: 25)
- If God provides for all his lesser creatures, He will certainly provide for us, his chosen children. (6: 26)
- If God provides clothing for fleeting plants, He will give us the clothing we need. (6: 28-30)
- If God has provided salvation for us through Christ's death, He will undoubtedly meet our material needs. (Rom. 8: 32)

25. You can only take your thoughts captive as you pursue God's _____.

III. Faith Pursues God's Priorities

26. All that we do honors and seeks the establishment of God's _____ in our life.

27. To think only about your physical well-being is to worship and serve _____.

28. Jesus tells us the cure for worry is to focus on the _____.

29. The righteousness of God demands our commitment to find and to _____ the will of God.

30. It becomes our purpose to think right, do right, and _____ right.

31. Seeking the righteousness of God happens when we pursue Godly _____.

32. Righteous living releases God's Spirit to break the power of anxiety and replace it with his _____.

Conclusion

33. Jesus says sufficient for the day is its own _____.

34. Don't live in the past or worry about the _____.
35. Anxiety and worry thrive when we focus on all the negative things that could happen in the _____.
36. Faith grows when we focus on trusting and serving God in the _____.
37. Trusting and serving God in the _____ situation is the key to increasing freedom from anxiety.

Recognize when your current thoughts are anxious thoughts and argue against them with present faith. Every day give thanks to God for the day's provision. Demonstrate your faith and love for God to the people who are right in front of you.

Listen to the Word of God and obey what the Holy Spirit prompts you to do. Prepare and plan ahead for the future. But don't get lost in the future and fail to focus on responsibilities right in front of you.

If you don't know how to do this, ask the Holy Spirit to help you. God can personally and patiently apprentice you in how to live a life free of anxiety.

ANSWERS:

1.