

# **Sermon on the Mount**

## **Freedom From Anxiety**

### **Matthew 6:25-34**

#### **Introduction**

We need to be responsible with worldly possessions, but we must also place our faith in God, knowing He will never disappoint us. Jesus teaches us to overcome our anxiety by pursuing God's priorities.

1. We need to distinguish between anxiety and responsible \_\_\_\_\_.
2. A responsible person develops the ability to \_\_\_\_\_ future needs and take action that prepares to meet them.
3. God commands us to develop and exercise this quality and rebukes those who don't plan ahead as "\_\_\_\_\_."
4. Anxiety, however, is forethought gone \_\_\_\_\_.
5. It can also be assuming responsibility for things God never intended you to \_\_\_\_\_ with.
6. The root of the problem is generally insufficient \_\_\_\_\_ rather than insufficient funds!
7. Jesus wants us to have a growing freedom from the anxiety that invades our lives and destroys our \_\_\_\_\_ and sense of well-being.
8. He says it not as a rebuke but as an \_\_\_\_\_.
9. Jesus explains how faith is the key to \_\_\_\_\_ anxiety.

## **I. Faith Chooses God**

10. Freedom from anxiety is only available to those who \_\_\_\_\_ the way of faith.
11. Those who run away from God and avoid the family of God have good reason to be anxious because they are on their \_\_\_\_\_.
12. Just being a member of God's family doesn't \_\_\_\_\_ you from experiencing anxiety.
13. All believers are qualified to live free of anxiety, but not all do because they fail to exercise their \_\_\_\_\_ to live their faith!

## **II. Faith Argues With Anxiety**

14. Fear and anxiety can destroy a person's ability to \_\_\_\_\_ correctly.
15. Those who do not exercise faith allow life's circumstances to intimidate them into \_\_\_\_\_.
16. The Bible is packed full of \_\_\_\_\_.
17. You can't expect a deep faith and marvelous \_\_\_\_\_ to happen based on going to church once a week and listening to a sermon.
18. Christian faith essentially involves thinking with the \_\_\_\_\_ of Christ.
19. Too often we listen to every \_\_\_\_\_ but the \_\_\_\_\_ of God.
20. Anxiety causes your thoughts to keep going round and round in \_\_\_\_\_.
21. When you allow something other than God's ways to \_\_\_\_\_ your thoughts and govern your

actions, it will leave you in that miserable state of worry and anxiety.

22. If you're going to lose sleep, make sure it's for a Godly \_\_\_\_\_ and not because you're overwhelmed by circumstances you can't change.
23. You can only take your thoughts \_\_\_\_\_ as you choose God's priorities for your life.

### **III. Faith Pursues God's Priorities**

24. Too often, we don't add seeking the \_\_\_\_\_ of God to the top of our list of priorities.
25. One way we \_\_\_\_\_ God is by loving our spouse or being a good friend.
26. To think only about your physical well-being is to serve \_\_\_\_\_.
27. Jesus tells us the cure for worry is to focus on the \_\_\_\_\_.
28. When we put God first, we can enjoy material things without becoming a \_\_\_\_\_ to them.
29. Conversion or salvation is about changing your \_\_\_\_\_ on who you serve.
30. Righteous living releases God's Spirit to break the power of anxiety and \_\_\_\_\_ it with peace.

### **Conclusion**

31. Don't worry about \_\_\_\_\_.
32. The truth is, we have no \_\_\_\_\_ over most of the things we worry about anyway!

33. Faith lives in the \_\_\_\_\_.

We need to recognize when our current thoughts are anxious thoughts and argue against them with present faith. Every day, give thanks to God. Demonstrate your faith and love for God to the people around you. Read and 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 fail to focus on responsibilities right in front of you.

#### Answers

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|---------------|----------------|--------------|
| 1. action     | 12. exempt     | 23. captive  |
| 2. anticipate | 13. privilege  | 24. kingdom  |
| 3. sluggards  | 14. reason     | 25. honor    |
| 4. overboard  | 15. submission | 26. mammon   |
| 5. deal       | 16. logic      | 27. eternal  |
| 6. faith      | 17. miracles   | 28. slave    |
| 7. peace      | 18. mind       | 29. focus    |
| 8. invitation | 19. voice      | 30. replace  |
| 9. conquering | 20. circles    | 31. tomorrow |
| 10. choose    | 21. control    | 32. control  |
| 11. own       | 22. reason     | 33. present  |

#### QUESTIONS FOR MEDITATION

34. Biblical faith always promotes the right kind of thinking. What can you do to help align your thinking with God's will and be free from anxiety?
35. Those who do not exercise faith allow life's circumstances to intimidate them into submission. What situations in the past have caused you to want to give up? What has allowed you to persevere in these situations?
36. Everything we do should honor and seek the establishment of God's rule in our lives. When have you followed non-Godly priorities in your life? How did that work out?