

# Anxiety

- **Number 1 mental health issue in USA**
- **18%: More than 40 million people**
- **40% more anxious this year than last!**
- **Top 3 Issues**
  - >Safety**
  - >Health**
  - >Finances**



# Overflow

Learning From Jesus

“How Not To Worry”

Matthew 6:25-34

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# Don't Focus On Secondary Issues

- Don't worry about food, drink and clothing
- Other things are MUCH more important
- Trust your Heavenly Father will meet your needs
- Realize worry doesn't help...it hurts!

**Q: Is this something that will affect my spiritual life in a significantly negative way?**





# Put First Things First

- **Seek His Kingdom:** *His right to rule in your life*
- **Seek His Righteousness:** *His character and actions*



# Live Today And Don't Worry About Tomorrow

## 3 Specific Actions

- **Pray Right**
  - >Prayer*
  - >Petition*
  - >Requests*
  - >Thanksgiving*



# Live Today And Don't Worry About Tomorrow

## 3 Specific Actions

- **Think Right**

**>True**

**>Pure**

**>Excellent**

**>Noble**

**>Lovely**

**>Praiseworthy**

**>Right**

**>Admirable**





# Live Today And Don't Worry About Tomorrow

## 3 Specific Actions

- **Act Right: Follow me as I follow Christ**
  - > *Learned from me***
  - > *Received from me***
  - > *Heard from me***
  - > *Seen in me***

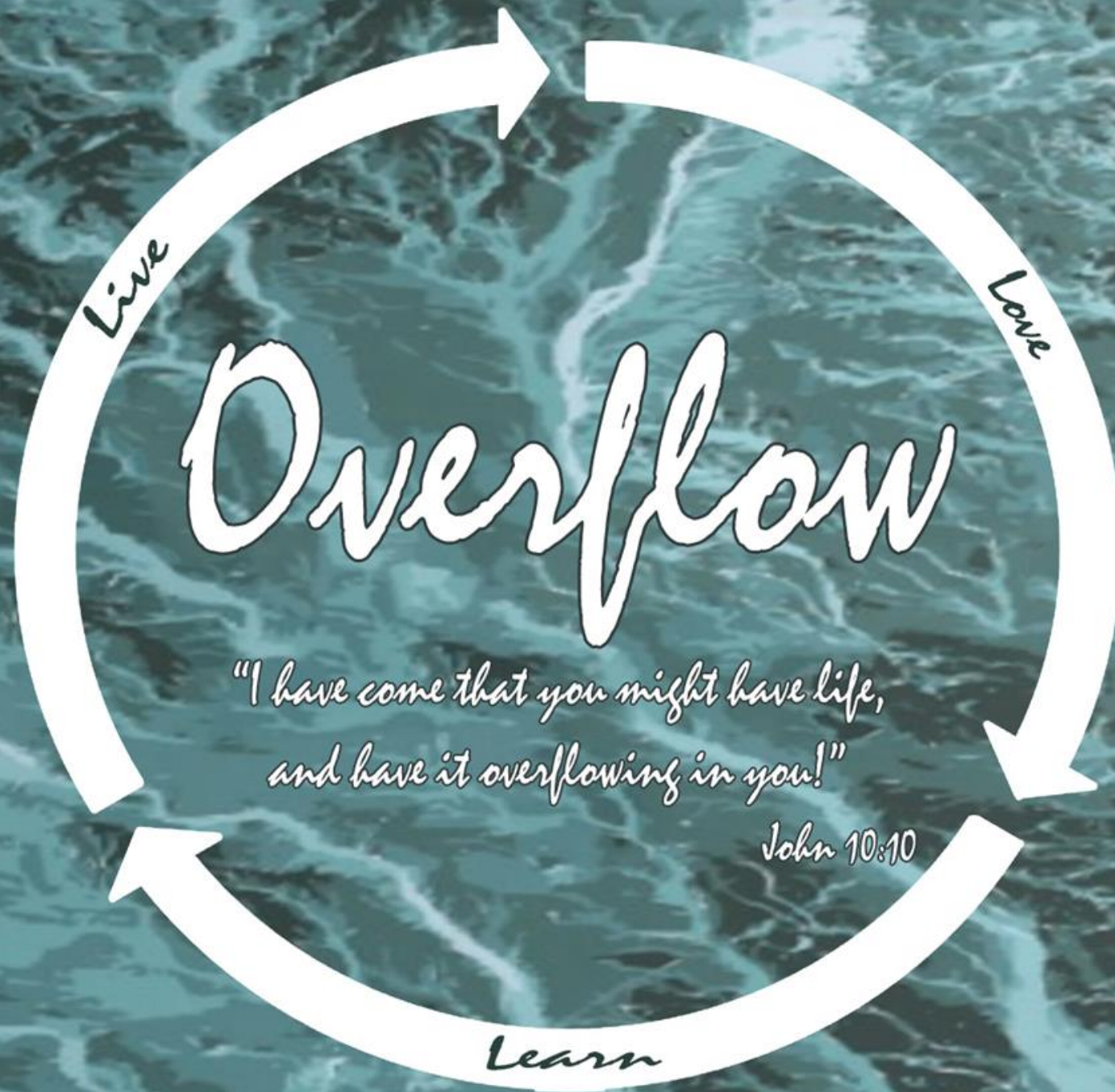


# 4 Questions

- *Is this a secondary issue?*
- *Am I seeking God's kingdom and righteousness in this?*
- *Am I living today...instead of worrying about tomorrow?*
- *Am I praying, thinking and acting right?*







*Live*

*Love*

# *Overflow*

*"I have come that you might have life,  
and have it overflowing in you!"*

*John 10:10*

*Learn*