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
Page 685
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 > Noble > Right
  > Pure > Lovely > Admirable
  > Excellent > Praiseworthy
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?
Overflow

“I have come that you might have life, and have it overflowing in you!”

John 10:10