

ANXIETY

Pastor Bryan D. Edwards
bryan@trc.life

anxiety [aNG'zī-itē]
a feeling of worry, nervousness, or unease, typically about an imminent event or something with an uncertain outcome; fear or nervousness about what might happen

Matthew 6:25-34 Do Not Be Anxious

25 "Therefore I tell you, do not be anxious about your life, what you will eat or what you will drink, nor about your body, what you will put on. Is not life more than food, and the body more than clothing? 26 Look at the birds of the air: they neither sow nor reap nor gather into barns, and yet your heavenly Father feeds them. Are you not of more value than they? 27 And which of you by being anxious can add a single hour to his span of life? 28 And why are you anxious about clothing? Consider the lilies of the field, how they grow: they neither toil nor spin, 29 yet I tell you, even Solomon in all his glory was not arrayed like one of these. 30 But if God so clothes the grass of the field, which today is alive and tomorrow is thrown into the oven, will he not much more clothe you, O you of little faith? 31 Therefore do not be anxious, saying, 'What shall we eat?' or 'What shall we drink?' or 'What shall we wear?' 32 For the Gentiles seek after all these things, and your heavenly Father knows that you need them all. 33 But seek first the kingdom of God and his righteousness, and all these things will be added to you. 34 "Therefore do not be anxious about tomorrow, for tomorrow will be anxious for itself. Sufficient for the day is it's own trouble.

I. ANXIETY IS A _____

II. ANXIETY IS A _____ ISSUE

III. ANXIETY IS A FORM OF _____

IV. _____ TO YOUR ANXIETY

Our anxiety does not empty tomorrow of it's sorrows, but only empties today of it's strengths.
— C.H. Spurgeon

I know not what the future holds, but I know Who holds the future.
-- Elvis Presley

What else does anxiety about the future bring you but sorrow upon sorrow?
— Thomas à Kempis

What a Friend we have in Jesus

What a Friend we have in Jesus,
All our sins and grief's to bear!
What a privilege to carry
Everything to God in prayer!
O what peace we often forfeit,
O what needless pain we bear,
All because we do not carry
Everything to God in prayer!

Have we trials and temptations?
Is there trouble anywhere?
We should never be discouraged,
Take it to the Lord in prayer.
Can we find a friend so faithful
Who will all our sorrows share?
Jesus knows our every weakness,
Take it to the Lord in prayer.

Are we weak and heavy-laden,
Cumbered with a load of care?
Precious Savior, still our refuge—
Take it to the Lord in prayer;
Do thy friends despise, forsake thee?
Take it to the Lord in prayer;
In His arms He'll take and shield thee,
Thou wilt find a solace there.