

“Anxiety in a man’s heart weighs it down, But a good word makes it glad.” Proverbs 12:25 The primary New Testament word for worry (merimnao) means “to be anxious, to be distracted, to have a divided mind.” In the Sermon on the Mount, Jesus teaches us to live with confidence in God’s providence and provision. Notice that Jesus gives us...

I. A Warning (your values – What is important to you?)

- A. verse 25 “is not life more important ...”
- B. verse 27 “who of you by worrying can add...”

The Problems of Worry

- It can lead to evil (Psalm 37:7-9).
- It can lead to physical problems.
- It wears you down mentally.
- It is harmful to other people.
- It creates a wound in the heart of God.

II. Wisdom (your value – You are important to God.)

- A. God knows what you need.
- B. God cares about your need.
- C. God will meet your need according to His eternal purposes.

III. Ways to win over worry (your value system – What is important to God.)

- A. Faith
 - 1. In God
 - 2. In God’s providential care
 - 3. In God’s provisional care
- B. Faithfulness
 - 1. Seeking His kingdom
 - 2. Seeking His righteousness

“Casting all your anxiety on Him, because He cares for you.” 1 Peter 5:7

“Be anxious for nothing, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all comprehension, will guard your hearts and minds in Christ Jesus.” Philippians 4:6-7