

## The Truth about Worry

Text Matthew Chapter 6

Matthew 7:13, 14 (NLT)

You can enter God's Kingdom through the narrow gate. The highway to hell is broad, and its gate is wide for the many who choose that way. But the gateway to life is very narrow and the road is difficult, and only a few will ever find it.

My worry never ends until I literally place my cares with Jesus. Did you know that five of the top ten drugs prescribed in America are for anxiety?

The Bible actually says, if your heart has no peace, if your spirit has no contentment, this will actually make you weary to your bones. Ref: Proverbs 17:22

Worry will give you physical side effects. Ref: Proverbs 12;25

Jesus basically affirms the fact that -----all human beings are seekers. We were created to need something to live for. We were created for purpose. Ref: Matthew 6:25-32

The big lie is that seeking material things will relieve anxiety. The reality is anxiety isn't relieved it is increased when you seek to relieve it through acquiring material things.

Worry occurs when you try to assume responsibility for things that you cannot control. Worriers are controllers.

Worry indicates that we don't know what God is like. Jesus does not believe people are born worried. Jesus says: you learn to worry.

Three Things Jesus Said About Worry

#1. Jesus said, Worry is U\_\_\_\_\_

Worry makes you forget your worth to God.

The evil of worry is that it erases the promises of God from our minds.

#2. Jesus said, Worry Is U\_\_\_\_\_.

All worry is about tomorrow. But when do we experience it? We experience it right now!

#3. Jesus said, Worry is U\_\_\_\_\_.

Most people lives simply exist on what can I eat, and what can I drink, and what can I wear?

Jesus said, the thing you should want most is God's Kingdom, and doing what God's wants. Living life with purpose and meaning in God's Kingdom. Ref: Matthew 6:33

We don't worry because our problems are too big. We worry because our goals are too small. What are your goals? Do they include spiritual growth, ministry, and mission?

Jesus sets us free from the world's obsession of how we are doing. And he gives us the liberating obsession---of concern of how God is doing? How is God doing in people's lives and in the church?

Any area of your life that God is not f\_\_\_\_\_. Will become a source of worry.