

LIFE IN THE KINGDOM

MATTHEW 6:25-34 | JULIA DAVIS | October 24, 2021

25 That is why I tell you not to worry about everyday life—whether you have enough food and drink, or enough clothes to wear. Isn't life more than food, and your body more than clothing? 26 Look at the birds. They don't plant or harvest or store food in barns, for your heavenly Father feeds them. And aren't you far more valuable to him than they are? 27 Can all your worries add a single moment to your life? 28 "And why worry about your clothing? Look at the lilies of the field and how they grow. They don't work or make their clothing, 29 yet Solomon in all his glory was not dressed as beautifully as they are. 30 And if God cares so wonderfully for wildflowers that are here today and thrown into the fire tomorrow, he will certainly care for you. Why do you have so little faith? 31 "So don't worry about these things, saying, 'What will we eat? What will we drink? What will we wear?' 32 These things dominate the thoughts of unbelievers, but your heavenly Father already knows all your needs. 33 Seek the Kingdom of God[a] above all else, and live righteously, and he will give you everything you need. 34 "So don't worry about tomorrow, for tomorrow will bring its own worries.

Today's trouble is enough for today.

- Anxiety is the worry, stress or unease that arises when things feel uncertain. Insecure. Unsafe.
- When worry consumes our lives, we don't really live.
- When our security is rooted in the knowledge of the Father, and who he truly is and what he is really doing through his rule and reign – and our security is rooted in the fact that he cares for us – then we can give freely to our brothers and sisters.
-

How Do We Deal With Anxiety?

1) We seek the Kingdom above all else (Matthew 6:33)

Philippians 4:4-9

6 Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. 7 Then you will experience God's peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus. 8 And now, dear brothers and sisters, one final thing. Fix your thoughts on what is true, and honorable, and right, and pure, and lovely, and admirable. Think about things that are excellent and worthy of praise. 9 Keep putting into practice all you learned and received from me—everything you heard from me and saw me doing. Then the God of peace will be with you.

How We Deal with Anxiety (Continued)

- 2) Don't worry (Philippians 4:6)
- 3) Pray about everything (Philippians 4:6)
- 4) Give thanks for all God has done (Philippians 4:6)
- 5) Fix your thoughts (Philippians 4:8)
- 6) Keep putting these things into practice! (Philippians 4:9)

"The thief comes only to steal and kill and destroy. I came that they may have life and have it abundantly."

(John 10:10)

SPECIAL NOTE:

If you are experiencing anxiety or stress because of physical need - food, shelter, clothing, etc. Let us know! We want to help: Help@eaglechurch.com

If you would like to meet with a licensed counselor to begin working through some long-standing issues related to stress, worry and anxiety - let us know! We can refer you to the appropriate professionals.