



These notes are lovingly prepared each week by Anne Maclean – thank you Anne!

Read Matthew 6: 19 – 34

In verses 25 – 24, Jesus instructs us three times not to worry about our lives, what we will eat/drink, our bodies and what we will wear

- Definition of anxiety: Anxiety is the desire to control the uncontrollable
- Which areas of your life do you have a particular desire to control? Are these also areas that cause you to worry?

Jesus' instructions to address worrying:

- a) Thinking about our thinking

Verses 26-28- Jesus asks 3 questions about our thought life

- Key idea: Anxiety is rooted in the wrong kind of thinking- thinking that puts us in place of wanting or taking ultimate control
- Read: Psalm 139: 23-24 and 2 Cor. 10:5 - How do these scriptures help us get on track with the right kind of thinking? What (or who) is the reference point? Who is ultimately in control?

- b) Thinking about our priorities

- Verse 33- Jesus instructs us to 'seek first His Kingdom and His righteousness'
- The Kingdom of God is essentially God's rule over all creation.
- The apostle Paul deeply understood how the Kingdom of God was the expression of God's rule or providence. Read Romans 8: 28 – 39
- Are there areas in your life in which you are convinced that God is sovereign? Are there areas in your life where you doubt the sovereignty of God? Why are some areas of our lives easier to entrust to God than others?

The antidote to worry: Repentance with thanksgiving

Read 1 Peter 5:6-7 and Phil.4: 6-9

How do these scriptures instruct us regarding how to deal with our anxieties?

Support one another in prayer as you 'cast your cares on Him.'