

## “Antidote to Anxiety”

Matthew 6:25-34

Jesus’ command to us “do not worry” (6:25,31,34)

What should we do when we start to worry?

I. Remember Our F\_\_\_\_\_ (6:25-32)

A. We have a \_\_\_\_\_ Father (vv 25-26)

- Matt. 10:29-31

B. We have a \_\_\_\_\_ Father (v 27)

C. We have a \_\_\_\_\_ Father (vv 28-30)

- “O you of little faith” (Matt. 8:26)

D. We have a \_\_\_\_\_ Father (vv 31-32)

II. Keep our F\_\_\_\_\_ (6:33-34)

A. Focus on the Right \_\_\_\_\_ (v 33)

B. Focus on the Right \_\_\_\_\_ (v 34)

- “The average person is crucifying himself between two thieves: the regrets of yesterday and the worries of tomorrow.”