

Message Notes

April 19, 2020

Don't Worry
Matthew 6:25-34
Pastor Jeff Nelsen

- What does Jesus want us to _____ when we're filled with _____?

"Can any one of you by worrying add a single hour to your life?" Matthew 6:27

Understanding More About Worry & Anxiety

- Jesus says 3x, "_____, " because it's a _____. Lk 10:41-42
- Worry is about _____ & who/what has _____ place in our heart.
- Worry is fueled by _____ we believe so Jesus _____ with us. Gen 3:1-8

5 "What Do You Really Believe About..." Questions

- ① **Life?** Is life _____ than "this world," or is this _____ there is? Mt 6:19-21,25
- ② **Your worth?** Do you _____ you _____ to God or not? Mt 6:26; Lk 12:6-7
- ③ **Worry?** Does worry _____ or _____ your life? Mt 6:27; Prov 12:25
- ④ **God?** Is He _____ or not? Mt 6:32-33; Dan 4:34-37; Romans 8:28
- ⑤ **Your source of supply?** Is it Your _____ or _____? Mt 6:11,30; Deut 8:17-18

"Seek first God's kingdom and what God wants.
Then all your other needs will be met as well." Matthew 6:33 NCV

Letting God Transform Our Worries

- ① _____ them out & turn them into _____. 2 Chron 20:12; Phil 4:6-7
- ② _____ them out & entrust them into His _____. Dan 3:17-18; Mk 14:32-36
- ③ _____ them out & _____ how He provides. Mt 6:26; Lam 3:21-24
- ④ Seek Him _____ & trust Him _____ at a time. Mt 6:33-34; Ps 68:19