

# SERMON NOTES

February 18 & 19, 2023

## Own It: Worry

Matthew 6:25-34

1. Worry is

a. \_\_\_\_\_

b. \_\_\_\_\_

c. \_\_\_\_\_

d. \_\_\_\_\_

e. \_\_\_\_\_

2. Jesus \_\_\_\_\_ worry, but he \_\_\_\_\_ worriers.

**Matthew 6:25-34**

3. \_\_\_\_\_ is the antidote for worry.

**Philippians 4:7 | John 3:16**

4. Don't worry because:

**Matthew 6:25**

a. I live in a \_\_\_\_\_ world.

**Luke 12:6-7**

b. Today is the \_\_\_\_\_.

c. God \_\_\_\_\_ in His hands. **John 16:33 | John 14:1 | Psalm 46:1**

**Philippians 4:19 | Psalm 27:1 | Isaiah 41:10 | Psalm 23:6 Romans 8:38-39 | Matthew 6:33**

5. \_\_\_\_\_ Worry \_\_\_\_\_.

**Matthew 6:34**

# Life Steps

Own It: Worry | February 18 & 19, 2023

## Monday

**Matthew 6:25-32**

**Reflect:** What does Jesus teach us about our daily needs of food, drink and clothing? How are worrying about your needs, and anxiety about tomorrow, a challenge for you?

**Prayer:** God, help me to live in the reality of your kingdom where your love for me is greater than my needs.

## Tuesday

**Matthew 6:33-34**

**Reflect:** What does it mean to you to seek first God's kingdom and righteousness? How will you seek God first all day long today?

**Prayer:** God, give me a desire to seek your kingdom first every day.

## Wednesday

**Luke 12:6-7**

**Reflect:** What does Jesus say about how much you are worth to God? Why does He say "don't be afraid?" How does that impact you?

**Prayer:** God, thank you for declaring I am "priceless" in your eyes.

## Thursday

**Philippians 4:4-7**

**Reflect:** Worry is ravenous, voracious, and insatiable. Worry will lead you to live in a future you can't control while missing the present. What about your future do you worry about the most?

**Prayer:** Eternal God, help me to live one day at a time and enjoy one moment at a time. I trust you hold my future in your hands.

## Friday

**Romans 8:35-39**

**Reflect:** Jesus hates what worry does to people. Jesus hates worry but he loves worriers. How does this passage help you live in the now and not in the regrets of the past and fear of the future?

**Prayer:** Eternal God, help me to live one day at a time, and enjoy one moment at a time. I trust you, hold my future in your hands.

## Saturday

**Philippians 4:10-13**

**Reflect:** Worry is not my friend. I have a finite capacity to live, but an infinite capacity to worry. Record all of your current, recurring worries, then read today's passage again, boldly and strongly, speaking verse 13 out loud. Today, speak verse 13 whenever worry, fear, or anxiety begins to creep into your mind.

**Prayer:** Eternal God, help me to live one day at a time and enjoy one moment at a time. I trust you hold my future in your hands.

## Sunday

**Psalms 118:22-26**

**Reflect:** Happy Sunday! Today is the best day of your life. List in your journal the attributes of God that you admire the most and for what you are going to rejoice in today.

**Prayer:** Thanks be to you, O God, for you are good. Your love endures forever.