

“First things First: The Antidote to Worry”

Text: Matthew 6:19-34 – Preacher: Daniel Dwelly – Date: 03/06/12

- A. What do you worry about?
- B. *Who* is the antidote to worry?
- C. What has Jesus been saying about what we treasure in 6:19-24?

[Look up later: Isaiah 51:8; 1Timothy 6:6-10, 18-19; Matthew 19:21]

1. DO NOT WORRY BECAUSE...

(v.25)

- a. Who or what sustains us and keeps us alive?

2. DO NOT WORRY BECAUSE...

(v.26, 28-30)

- a. **The Birds:** How does God care for the birds?

[Look up later: Psalm 147:9; Matthew 10:29-31]

- b. **The Grass:** How does God adorn the grass?
- c. To which king does Jesus compare the flowers?

[Look up later: 1Kings 10:4-7]

God is our _____ (v.26, 32)

[Matthew ____:____]

3. DO NOT WORRY BECAUSE...

(v.27)

- a. How can worrying help you?

4. DO NOT WORRY...

(v.30-32)

- a. Why is worry sinful?

i. Worry is the result of a...

- b. Why might the idea of “leaving our problems at the church door” be the wrong way to think about God?

Philippians ____:____; 1Peter ____:____

ii. Worry is sinful because it reveals a...

- a. How does a lack of humility cause us worry?

5. DO NOT WORRY BUT...

(vv.33-34)

- a. What should we focus on instead of our worries?

- b. Think about one thing you are worried about and then think about point (i) and (ii) above. With Philippians 4:6-7 in mind what can you do to help with your worry?