

Christian Anxiety

THE MONSTER UNDER THE BED

Matthew 6:25-34 That is why I tell you not to worry about everyday life—whether you have enough food and drink, or enough clothes to wear. Isn't life more than food, and your body more than clothing? 26 Look at the birds. They don't plant or harvest or store food in barns, for your heavenly Father feeds them. And aren't you far more valuable to him than they are? 27 Can all your worries add a single moment to your life? 28 "And why worry about your clothing? Look at the lilies of the field and how they grow. They don't work or make their clothing, 29 yet Solomon in all his glory was not dressed as beautifully as they are. 30 And if God cares so wonderfully for wildflowers that are here today and thrown into the fire tomorrow, he will certainly care for you. Why do you have so little faith? 31 "So don't worry about these things, saying, 'What will we eat? What will we drink? What will we wear?' 32 These things dominate the thoughts of unbelievers, but your heavenly Father already knows all your needs. 33 Seek the Kingdom of God above all else, and live righteously, and he will give you everything you need. 34 "So don't worry about tomorrow, for tomorrow will bring its own worries. Today's trouble is enough for today.

THE _____ OF OUR RELATIONSHIP WITH GOD THE FATHER IS PLACING OUR FULL _____ IN HIM THROUGH JESUS, HIS SON.

Matthew 6:32 For the pagans run after all these things, and your heavenly Father knows that you need them.

Two Types of Worry, Restated

Matthew 6:34 So don't worry about tomorrow, for tomorrow will bring its own worries. Today's trouble is enough for today.

Two types of worry: _____ and _____

What we are really running after: _____

Certainty is _____.

Ephesians 2:8 (NIV) For it is by grace you have been saved, through faith...

Running after certainty is _____.

Running after certainty creates _____.

I MUST SEE PROBLEM _____ AND ITS RULES AND BEHAVIORS
AS A _____ PURSUIT OF AN IMPOSSIBLE _____.

It is not the strength of our _____,
but the _____ of our faith, that saves us.

We must _____ with uncertainty instead of
trying to _____ it.

_____ Beliefs about Uncertainty

- being uncertain is an unpleasant experience that I must avoid.
- you should _____ only when you are absolutely certain.
- better safe than _____.
- I can't be _____ when I'm not _____.
- If I am sure, then I can predict bad things and so _____ them.

Helpful: become _____ with your worry thoughts and their _____.

Fairly unhelpful

Very unhelpful