



Unplug from Anxious Worry

March 20, 2022

Matthew 6:25-34

"Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more than food, and the body more than clothes? 26 Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they? 27 Can any one of you by worrying add a single hour to your life? 28 "And why do you worry about clothes? See how the flowers of the field grow. They do not labor or spin. 29 Yet I tell you that not even Solomon in all his splendor was dressed like one of these. 30 If that is how God clothes the grass of the field, which is here today and tomorrow is thrown into the fire, will he not much more clothe you—you of little faith? 31 So do not worry, saying, 'What shall we eat?' or 'What shall we drink?' or 'What shall we wear?' 32 For the pagans run after all these things, and your heavenly Father knows that you need them. 33 But seek first his kingdom and his righteousness, and all these things will be given to you as well. 34 Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.

Jesus' Pathway to [Unplugging](#) from [Anxiety](#) and [Worry](#)

1. Recognize that life is more than what we eat and how we look (v.25)
2. Be confident that God is a good provider (v.26)
3. Believe that you are loved and valued by God (v.26)
4. Acknowledge that worry does not extend or improve your life (v.27)
5. Know that God watches over you and provides for you (v.30)
6. Recognize that Christians should respond differently (v.31-32)
7. Commit to make the main thing the main thing (v.33)
8. Be confident that God will take care of the rest (v.33)
9. Know that preemptive worry never helps (v.34)

10. Take the challenges of life one day at a time (v.34)

Philippians 4:4-9

Rejoice in the Lord always. I will say it again: Rejoice! 5 Let your gentleness be evident to all. The Lord is near. 6 Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. 7 And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. 8 Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things. 9 Whatever you have learned or received or heard from me, or seen in me—put it into practice. And the God of peace will be with you.

Plugging into God's Peace and Confidence

1. Rejoice with relentless commitment, In the Lord (v.4)
2. Develop public gentleness (v.5)
3. Recognize the presence of Jesus always (v.5)
4. Make a list of the things that are really worth being anxious about (v.6)
5. Bring it all to God, there are lots of ways to pray (v.6)
6. Be relentlessly thankful (v.6)
7. Let the peace of God protect your heart and mind. (v.7)
8. Saturate your mind with the good stuff and avoid the junk. (v.8)
9. Follow good and godly examples. (v.9)
10. Recognize that the God of peace and the peace of God are always with you (v.9)

Sometimes we need some extra help

Where do I need to unplug and where can I plug in?