**THE KINGDOM**

**"Antidote for Anxiety"**

**Matthew 6:25-34**

***Kierkegaard, "No Grand Inquisitor has in readiness such terrible tortures as anxiety***."

**The root of self-centered worry is a lack of trust in God.**

1. **Foundational Principles**

 1. You are valuable to God (vs. 25-30)

 2. God knows what you need (vs. 31-32)

 3. God calls you to a higher lifestyle than worrying about material things. (vs. 32)

 4. Don't waste energy being anxious about the future (vs. 34)

 ***Worry will not destroy tomorrow's trials, but it will sabotage our strength today.***

***George Macdonald: "No man ever sank under the burden of the day. It is when tomorrow's burden is added to the burden of today, that the weight is more than a man can bear."***

**II. Overcoming Anxiety**

 1. Seek God's rule in your life (6:33)

 2. Take your eyes off yourself and do something for others

 3. Remember Jesus has overcome the world (John 16:33)

***John 16:33, "I have said these things to you, that in me you may have peace. In the world you will have tribulation. But take heart: I have overcome the world."***

 4. Pray about everything (Philippians 4:6-7)

 5. Reflect on things that are excellent and wholesome (vs. 8-9)