

MATTHEW Matthew 6:25-34

- the antidote for anxiety

LIFE | Life is more than material stuff (v25)

- don't worry about your life

- life is more than this ¹

BIRDS | Your heavenly Father will feed you (v26)

- your heavenly Father feeds the birds

- you are of more value ²

LONGEVITY | Being anxious doesn't make you live longer (v27)

- worrying doesn't help

- your life is in God's hands ³

FLOWERS | God will clothe you (v28-30)

- God clothes the flowers

- Much more will he clothe you

WORLD | The world pursues material things (v31-32)

- The world seeks after these things

- But we are to trust our heavenly Father ⁴

KINGDOM | The kingdom matters more (v33)

- Seek first the kingdom of God ⁵

- Seek first the righteousness of God ⁶

TODAY | Live a day at a time (v34)

- Don't be anxious about tomorrow

- Just live for the Lord today

¹ Luke 12:15

² Matthew 10:29

³ Psalm 139:16; 31:14

⁴ Romans 12:2

⁵ 2 Corinthians 11:28

⁶ Colossians 3:12-14; Matthew 4:4; 1 Timothy 6:11