

## JESUS ON WORRY

January 11 & 14, 2024

Matthew 6:25-34

### The Basics of Worry

- The word “worry” means a \_\_\_\_\_.
- Worry is a small trickle of \_\_\_\_\_ that meanders through the mind until it cuts a \_\_\_\_\_ into which all other thoughts are \_\_\_\_\_.
- This prescription for worry is for those whom \_\_\_\_\_.

### Thoughts to Think to Confront Your Worry

1. Life is \_\_\_\_\_.
  - Confront your worry by...
2. Look at God’s provision for the \_\_\_\_\_.
  - Confront your worry by remembering...
3. Ask yourself if \_\_\_\_\_.
  - Confront your worry by asking:
    - If I have control:
    - If I don’t have control:
4. Each day has enough \_\_\_\_\_.
  - Confront your worry by living...

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Have questions from today's sermon?

Text them to **904.438.4435** then listen to our Q&A podcast, available Sunday afternoon.

Search **CFCJAX** wherever you listen to podcasts.



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### LOOK BACK

- **Praise: Psalm 131**

Give praise to God for WHO He is and WHAT He has done. (How have you seen him work, answered a prayer, blessed you or someone else)

The language of our faith is thanksgiving in all things. What is hard in your life that you will, by faith, give thanks for?

- **Confession:** *How have you made lesser things in life big and your Heavenly Father small?*

### LOOK IN

- Many of us have given up on confronting worry and just resolved that it is a reality of life. If you have done that, how and why did you come to that conclusion?
- What attributes of God speak most powerfully against worry in your life?
- How has God demonstrated to you that you are “more valuable” to Him?
- What can you practically do to guard against importing tomorrow’s troubles to today?
- What questions, concerns, or doubts do you have regarding what you have heard and read?
- How did the Holy Spirit speak through this passage to inform, remind, convict, or encourage you?
- For Further Study: Read the following passages to deepen your understanding.
  - Psalm 23
  - John 15:13-15
  - Romans 8:31-39
  - Ephesians 1:3-14

### LOOK FORWARD

**BLESS:** Considering Matthew 6:33, what worry has kept you from sharing the Gospel with someone close to you? Ask God to give you the grace needed to step out share the news of the kingdom.

- Closing Prayer
  - Requests: What are you asking God to do in the coming week?
  - Relinquishment: Present your body to God as an instrument to work in and through for His glory.