

INTRO//

- Welcome
- Introduce Self
- Heart of the series
 - When Jesus walked among us, he brought with Him a way of life that was backwards from the cultural norms. His ways, His thoughts, His practices were, and still are today, upside down from how we typically tend to think. And we don't see more in any place like we do in Jesus's most famous message, the Sermon on the Mount.
- Recap week 1-3
 - Week 1 Recognize our weaknesses so we can run to God's goodness
 - Pastor Colin talked about being a light in a dark world
 - Pastor Caleb last week talked about Jesus calling us to be ambassadors for this kingdom.
 - This week we are going to be talking about how Jesus wants us to respond when we are worried or anxious

TS: Does anyone have a silly fear that maybe people make fun of you?

ILLUSTRATION// STORY OF SILLY FEAR (ROLLER SKATING)

TENSION//

- We all will and have faced worry, fear or anxiety in our lives whether it's a funny anxiety like mine or you're worried about...
 - An upcoming test
 - The health of a family member
 - Difficult conversation
- So we all face this and we all try to navigate it the best we can, but something that I think is really helpful is if we see how Jesus says we should respond to anxiety.

TS: What does the Bible say about worry? What should we do when we face anxiety?

BIBLE//

SERMON ON THE MOUNT - JESUS TALKING TO HIS DISCIPLES

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? 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? Can any one of you by worrying add a single **hour** to your life “And why do you **worry** about clothes? See how the flowers of the field grow. They do not labor or **spin**. Yet I tell you that not even Solomon in all his splendor was dressed like one of these. 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? So do not **worry**, saying, ‘What shall we **eat?**’ or ‘What shall we **drink?**’ or ‘What shall we **wear?**’ For the pagans run after all these things, and your heavenly Father knows that you need them.

1. What is Jesus saying about us here?
 - a. **God will take care of my needs.**
 - i. God desires to take care of our basic needs, he created you so he knows exactly what we need.
 - ii. God sees what you’re walking through, he sees what you’re worried about and he wants you to know that he cares about those things. He’s a big God that is very personal.
 - b. **God sees me as valuable.** “**Are you not much more valuable than they?**”
 - i. If he takes care of the grass, the flowers and the birds how much more will he care for you. You are his child and he sees you as the highest value. He sees you in the midst of your life and struggles and says that’s my son that’s my daughter.
 - c. **God cares about me.** **So do not worry, saying, ‘What shall we eat?’ or ‘What shall we drink?’ or ‘What shall we wear?’ For the pagans run after all these things, and your heavenly Father knows that you need them.**
 - i. We don’t have to strive or fear for what we need. We can trust him with our life, we don’t have to make it happen on our own. God takes delight in taking care of us.
 - ii. He cares about your worries & he wants to take care of you just like he does the birds in the sky or the grass or the flowers.

MAIN POINT 1// GOD SEES ME AND CARES ABOUT ME AND MY WORRIES

TS: I love this passage because it’s such a good reminder of how God sees us and how much he cares for us.

So this is good to know about God and it's good for us to know how God views us BUT practically speaking when we get worried or anxious what is our immediate response?

Sometimes we can:

- Tend to run away from my anxieties or stresses:
 - i. I choose to ignore it by sleeping in, ignoring my feelings entirely and suppressing them, scrolling on IG or Tik Tok, watching a show, doing other activities. .
 - ii. Talk to other people about it or complain about it:
 - iii. "OMG this person is driving me crazy. I'm so nervous about this.
- 2. I tend to stress myself out and overthink the situation. I get in my head and think about it and go to all of the worst case scenarios that I can muster up. I then beat myself up if its something I did wrong etc. I tend to think I just need to get through this day, this meeting, this class, this conversation, this week, this month this year.

TS: But this last part is the key that can sometimes be difficult for us. You may have heard this verse before...

MATTHEW 6:33

33 But seek first his kingdom and his righteousness, and all these things will be given to you as well.

MAIN POINT 2// PUT GOD FIRST AND HE WILL TAKE CARE OF THE REST

3. I need to fix my eyes on Jesus and not just what is going on around me.

GOD PROMISES US PEACE

- i. **Philippians 4:6-7 Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus**
- You will find something greater than yourself fighting for you, but you have to choose to seek God first and he will take care of the rest
- This can be a little upside down from maybe what your friends may say or what culture says or maybe you believe that anxiety and worry is something you will have to live with your whole life

- God promises us peace so we can receive that and claim it

CHALLENGE//

TS: We will all experience worry and anxiety throughout our lives but we can choose to stand on who God is and to seek him first.

MY OWN PERSONAL EXPERIENCE// WHAT DOES IT LOOK LIKE PRACTICALLY TO SEEK GOD FIRST:

1. Spend time with God daily.
2. When you feel anxious make this your first response. Pray to him, pray about the anxiety or worry.
3. Find scripture to declare over yourself
4. Find a friend or leader who can keep you accountable to turn to God first and can pray with you.

Know that God cares for you and that he will walk with you through every situation if you let him.

Salvation Call -

"Dear God, I know I am a sinner, and I ask for Your forgiveness. I believe that Jesus died for my sins and rose from the dead. I turn from my sins and invite You to come into my life. I choose to trust and follow You as my Lord and Savior. Thank You for Your grace and love. In Jesus' name, Amen."