**SERMON NOTES**

**Wonderful Words of Life: The Sermon on the Mount**

**Matthew 6: 25-34**

**BIG IDEA: The Heart is a deep well and Jesus has been plumbing, exploring, and exposing it this entire time in the Sermon on the Mount. This morning He continues with an honest look at the thing that often plagues us most, *worry.***

**The things of the Earth are wonderful gifts but terrible \_\_\_\_\_\_\_\_\_\_\_\_.**

**The Greek word translated for “worry” in this passage is a word that means to “\_\_\_\_\_\_\_\_\_\_\_\_, rip, or tear apart”.**

**If we want to address worry and anxiety in our lives seriously and if we want to be freed from it, then we have to be honest with what Jesus teaches us here about it and honest with what anxiety and stress communicates about our \_\_\_\_\_\_\_\_\_\_\_\_ in God.**

**When we are worry we are revealing a lack of \_\_\_\_\_\_\_\_\_\_\_ in God.**

**At its core, worry is fearing that \_\_\_\_\_\_\_\_\_\_\_ is going to get this ‘thing’ wrong.**

**God is in\_\_\_\_\_\_\_\_\_\_\_\_, kind, and sovereign control of all of His children’s lives (Psalm 139: 1-6; Psalm 119:68).**

**The root of anxiety is \_\_\_\_\_\_\_\_\_\_\_ in God’s good control of our lives.**

**In v31-32, Jesus pits anxiety and a lack of faith (trust) \_\_\_\_\_\_\_\_\_\_\_ each other.**

**To worry is to live like someone who doesn’t \_\_\_\_\_\_\_\_\_\_\_\_\_ God; like an unbeliever (v32).**

**When we worry we are \_\_\_\_\_\_\_\_\_\_\_\_\_ our faith and trust into something else over and against God’s good, loving, and kind sovereign control over our lives (v30).**

**When we worry we are being consumed with the wrong \_\_\_\_\_\_\_\_\_\_\_\_\_ (v25).**

**Often times our worry reveals that we are seeking to find our \_\_\_\_\_\_\_\_\_\_\_\_\_ or value in something other than Christ.**

**Jesus knows that worry is often a sign that we are loving good things of God too much or in \_\_\_\_\_\_\_\_\_\_\_\_ways.**

**Worry steals \_\_\_\_\_\_\_\_\_\_\_\_ and does not add to it (v27).**

**Believer, God knows you and created you with specific and tender care (Jeremiah 1:5). Because He knows you, He also knows your struggles and what despairs and ails you and He still \_\_\_\_\_\_\_\_\_\_\_\_\_ you in spite of it all.**

**Jesus says the remedy for our troubled and worried hearts begins with looking at \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and then looking back to ourselves.**

**The main good and wonderful thing that Jesus wants you to know and learn is that YOU are of infinitely more \_\_\_\_\_\_\_\_\_\_\_\_\_ to Him than creation, than birds, animals , flowers, and grass.**

**For the \_\_\_\_\_\_\_\_\_\_\_, God’s sovereignty is a great remedy against worry.**

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ to God is one antidote to worry.**

**Application**

**Understand that dealing with worry/anxiety is a journey (2 Corinthians 3:18). Practically, the journey looks like:**

| * **REPENTING: When we worry because we understand that worry is lack of trust in God.**
 | * **RUNNING to God’s Word, meditating, studying, and praying Scripture.**
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| * **REMINDING ourself that God is in good, kind, and loving sovereign control of his children’s lives. Nothing can come into your life without first passing through the good and loving hands of the Father.**
 | * **RECALLING God’s faithfulness. Think back to all the ways God has been faithful and answered this same prayer or similar prayers in the past.**
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| * **RESOLVE that no matter what YOUR body is telling you to do – no matter how much your mind wants to spin out – or shut down – or pullback – or disengage – by God’s grace – RESOLVE to do God’s will.**
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**Congregational Scripture Reading - Ephesians 1: 16-19**

I do not cease to give thanks for you, remembering you in my prayers, that the God of our Lord Jesus Christ, the Father of glory, may give you the Spirit of wisdom and of revelation in the knowledge of him, having the eyes of your hearts enlightened, that you may know what is the hope to which he has called you, what are the riches of his glorious inheritance in the saints, and what is the immeasurable greatness of his power toward us who believe, according to the working of his great might.

***Blanks:*** gods; divide; faith; trust; God; loving; doubt; against; know; misplacing; kingdom; identity; wrong; time; loves; creation; value; Christian; gratitude;