

Anxiety

Matthew 6:25-34

What things were uncertain in the future of the people to whom Jesus was speaking?

What things are uncertain in your future?

What is the benefit of anxiety?

Does God know what you need? Is He committed to providing for you?

What things, which have not happened yet, are you anxious about? What is your biggest fear regarding these things?

What does Jesus say about such anxieties?

Here is the other option, what Jesus says to think instead of being anxious. Commit your way to replacing each anxious thought with a thought of seeking His kingdom and His righteousness. Ask for God's help in this pursuit of living according to His Word.
