



“Keeping It Real” Authentic Trust

Matthew 6:25-34 • December 28, 2008

“Therefore do not be anxious for tomorrow for tomorrow will care for itself. [Each] day has enough trouble of its own.”

The problem with religious people:

The futility of anxiety, Matthew 6:25-32:

The trap of anxiety:

It feels like you are _____ something.

It feels like you are _____ the problem.

It is a waste of _____ and _____ energy.

The two examples:

1. The birds of the air:

2. The lilies of the field:

It is _____ to try to add to your lifespan.

God is _____ of what you need.

Overcoming anxiety, Matthew 6:33-24:

Seek the Kingdom _____.

Understand the limits of _____.

Anxiety and human mortality:

Prayer Focus:

Grace Ministry: Youth Ministry

Local Church: Mission Valley Christian Fellowship

Global Missions: Glenn & Dorothy Budd