

Stop Rocking

DAVE D'ANGELO | YOUR KINGDOM COME WEEK 10

MATTHEW 6:25-33

²⁵ “Therefore I tell you, do not be anxious about your life, what you will eat or what you will drink, nor about your body, what you will put on. Is not life more than food, and the body more than clothing? ²⁶ Look at the birds of the air: they neither sow nor reap nor gather into barns, and yet your heavenly Father feeds them. Are you not of more value than they? ²⁷ And which of you by being anxious can add a single hour to his span of life? ²⁸ And why are you anxious about clothing? Consider the lilies of the field, how they grow: they neither toil nor spin, ²⁹ yet I tell you, even Solomon in all his glory was not arrayed like one of these. ³⁰ But if God so clothes the grass of the field, which today is alive and tomorrow is thrown into the oven, will he not much more clothe you, O you of little faith? ³¹ Therefore do not be anxious, saying, ‘What shall we eat?’ or ‘What shall we drink?’ or ‘What shall we wear?’ ³² For the Gentiles seek after all these things, and your heavenly Father knows that you need them all. ³³ But seek first the kingdom of God and his righteousness, and all these things will be added to you.

We are in a fierce battle with anxiety.

“The biggest business in America is not steel, automobiles or television. It is the manufacturing, the refinement, and the distribution of anxiety.” - Eric Sevareid

LUKE 12:25

There is a direct link between our worries/anxiety and our faith.

What we worry about most reveals what we trust God with the least.

Our concerns are legitimate. Action is necessary. Seeking God first is what's **best** and leads to **freedom**.

Think about where you **first** place your trust when confronted with anxiety.

The path that Jesus invites us to in the Sermon on the Mount is a **narrow path**. Seek Him first, so that you aren't driven out by your anxiety.

How are we walking down that path of peace? What does it look like to truly put Him first?

Seeking First the Kingdom of God

1. Dare to stop feeding your worry.

- What feeds your worry is the “feed” that only leaves you more anxious.
- Worry is a thin stream of fear trickling through the mind. If encouraged, it cuts a channel into which all other thoughts are drained.
- What “feeds” are you turning into anxiety? Social media, news, people's approval? Why don't you dare to be different and take an actual step towards ending it?

2. Dare to memorize Scripture.

- Lamentations 3:21-24
- What do you call to mind when anxiety hits?
- Verses to commit to memory:
 - Psalm 71:19-21 (You will revive me again.)
 - Psalm 94:17-18 (Your unfailing love supports me when I slip.)
 - Philippians 5:5-8 (I don't have to be anxious because the Lord is at hand.)
 - John 16:33 (In Jesus I have peace. In the world I have trouble.)

3. Dare to thank God in the face of worry.

- Gratitude v. thankfulness. Gratitude in the face of worry before anything happens is **faith**.
- Worship out loud to devote our hearts and change the atmosphere around us.

4. Dare to hope no matter what.

- We can have an incredible living hope because we know how the story ends. Our eternity is secure.
- Seeking Jesus first is the path to life. Will we walk in it?

MATTHEW 6:9-13, ESV

Pray then like this:
Our Father in heaven,
hallowed be your name.
Your kingdom come,
your will be done,
on earth as it is in heaven.
Give us this day our daily bread,
and forgive us our debts,
as we also have forgiven our debtors.
And lead us not into temptation,
but deliver us from evil.

