



LIFE ANCHORS

You don't have to fear



Matthew 6:33

*"But seek first His kingdom and His
righteousness; and all these things shall be
added to you."*



When anxiety attacks and our vision of God is blurred – it does not mean we are faithless - it means our faith is being attacked!



Psalms 56:3
When I am afraid,
I will put my trust in You.



Proverbs 3:25

*Do not be afraid of sudden fear, Nor of the
onslaught of the wicked when it comes;*



Think about how many other sins are connected to the root sin of anxiety. Anxiety about money will cause you to hoard or steal. Anxiety about succeeding will make you irritable and impatient with those around you.



Anxiety about relationships will make you withdrawn or indifferent toward other people. Anxiety about what others think about you will make you lie or stretch the truth. If anxiety could be conquered, a mortal blow would be struck to many other sins.

John Piper



Things we are anxious or fearful about seem to be...
Present (imminent)
Powerful (potent)



Matt 6:24

"No one can serve two masters; for either he will hate the one and love the other, or he will hold to one and despise the other. You cannot serve God and mammon.



Matt 6:25

"For this reason I say to you, do not be anxious for your life, as to what you shall eat, or what you shall drink; nor for your body, as to what you shall put on. Is not life more than food, and the body than clothing?"



Matt 6:26-27

"Look at the birds of the air, that they do not sow, neither do they reap, nor gather into barns, and yet your heavenly Father feeds them. Are you not worth much more than they? "And which of you by being anxious can add a single cubit to his life's span?"



Matt 6:28-30

"And why are you anxious about clothing? Observe how the lilies of the field grow; they do not toil nor do they spin, yet I say to you that even Solomon in all his glory did not clothe himself like one of these. "But if God so arrays the grass of the field, which is alive today and tomorrow is thrown into the furnace, will He not much more do so for you, O men of little faith?"



Matt 6:31-32

"Do not be anxious then, saying, 'What shall we eat?' or 'What shall we drink?' or 'With what shall we clothe ourselves?' "For all these things the Gentiles eagerly seek; for your heavenly Father knows that you need all these things.



Matt 6:33-34

"But seek first His kingdom and His righteousness; and all these things shall be added to you. "Therefore do not be anxious for tomorrow; for tomorrow will care for itself. Each day has enough trouble of its own.



Fear/anxiety says...

1. God is Small
(vs 24-29)



*We are the most concerned about the things
we are the most committed to.*



Fear and anxiety elevate other things to the place of God in our lives - The thing we will lose, or not get, or that will happen has all the power and God is powerless



Fear/Anxiety says...

1. God is Small
2. You are 'small' to God
(vs 26,30)



Matthew 6:26

"Look at the birds of the air, that they do not sow, neither do they reap, nor gather into barns, and yet your heavenly Father feeds them. Are you not worth much more than they?"



Matthew 6:30

"But if God so arrays the grass of the field, which is alive today and tomorrow is thrown into the furnace, will He not much more do so for you, O men of little faith?"



“Listen to the voice of Lord speak: ‘I will help you. It is a small thing for me, your God, to help you. Consider what I have already done. What? Not help you? I bought you with my blood. What? Not help you? I died for you. Since I have done the greater, will I not do the lesser things for you?’”

Charles Spurgeon



Romans 8:32

*“He who did not spare his own Son but gave him
for us all, how will He not also with Him
graciously give us all things?”*



Fear/anxiety says...

1. God is Small
2. You are 'small' to God
3. Lies



False solutions
False promises
False predictions



Matthew 6:27

"And which of you by being anxious can add a single cubit to his life's span?"



*Fear and anxiety promises that if you devote time
to it, it will change things*



Matthew 6:34

"Therefore do not be anxious for tomorrow; for tomorrow will care for itself. Each day has enough trouble of its own."



Anxiety is Useless!



Steps to defeat Anxiety/Fear

a. Don't confirm the lie.



Steps to defeat Anxiety/Fear

- a. Don't confirm the lie.*
- b. Don't adjust to the lie.*



Steps to defeat Anxiety/Fear

a. Don't confirm the lie.

b. Don't adjust to the lie.

c. Replace the lie.



Phil 4:8

Finally, brethren, whatever is true, whatever is honorable, whatever is right, whatever is pure, whatever is lovely, whatever is of good repute, if there is any excellence and if anything worthy of praise, let your mind dwell on these things.



Matt 6:33

*"But seek first His kingdom and His
righteousness; and all these things shall be
added to you."*

