

"OVERCOMING ANXIETY"
(More than Conquerors - Four)
(Matthew 6:25-34)

Note: Several words are used to describe our subject today:
Anxiety; Panic; Stress; Worry; etc.

I. WHAT ARE THE CAUSES OF {ANXIETY}?

1. {FINANCIAL} NEEDS

**Matthew 6:25-26 *Philippians 4:19 *Psalm 37:25*

2. {FRUSTRATING} CIRCUMSTANCES

**Matthew 6:27 *Psalm 127:2 *1 Peter 5:7-8*

3. {FEARS} ABOUT THE FUTURE

**Matthew 6:34 *Psalm 23:6 *Isaiah 43:1-3a *Jeremiah 29:11*

Note: This includes death! (*Revelation 1:18*)

4. {FEELINGS} OF INADEQUACY

**Luke 10:38-42 *Philippians 4:13 *Luke 12:11-12*

Note: WTS will be during the four Sunday afternoons in February!

II. HOW DOES A BELIEVER CONQUER {ANXIETY}?

1. PERSISTENT {PRAYER}

**Philippians 4:6 *1 Thessalonians 5:17 *Matthew 11:28*

2. INCREASED {FAITH}

**Matthew 6:28-33 *Ephesians 6:16 *Isaiah 26:3-4 *1 John 5:4*

Note: God is omnipotent, omniscient, omnipresent, and intimate!

3. CONSISTENT {GRATITUDE}

**Philippians 4:6-7 *1 Thessalonians 5:18*