

# FLIPPING THE SCRIPT

When Jesus Asks The Questions

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**April 6 & 7, 2024 #7**

## **“WHY IS EVERYONE SO WORRIED?”**

### **KEY PASSAGE: Matthew 6:25 (ESV)**

*<sup>25</sup>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? <sup>26</sup>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? <sup>27</sup>And which of you by being anxious can add a single hour to his span of life?*

### **Worry, fear, and anxiety are on the rise.**

- Anxiety affects more than 40 million adults in America (growing and under-reported)
- National Institute of Mental Health: nearly 1 in 5 adults, and 1 in 3 teens suffer anxiety.
- Anxiety is future fear.

### **Jesus' profound teaching on anxiety (Matt 6:25-34)**

- Do not be anxious (6:25).
- Jesus tells us to do three things to help our anxiety:

#### **1. Look at the birds (6:26-27)**

- God loves you more than birds. Sent his Son for us, not them.
- Doctrine of Providence: God continually upholds his creation and governs it to fulfill his purpose (Heb 1:3; Col 1:16-17).
- God is in control. We can trust him (Eph 1:11; Gen 50:20; Rom 8:28).
- God has already numbered our days, so worry is wasted time (Matt 6:28; Ps 139:16).

#### **2. Consider the lilies (6:28-30)**

- When anxious, think rationally. What is really true?

- The God who clothes the lilies will also clothe you.
- Disclaimer: This is not a command not to work. It is a command not to worry.

### **3. Seek the kingdom of God (6:31-34)**

- Anxiety is future fear. The opposite of fear is faith.
- A worry problem is a worship problem.
- God won't give us all things, but he will give us what we need (Matt 6:34).

### **Why are you worried?**

*"Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus" (Philippians 4:6-7)*

### **QUESTIONS FOR DISCUSSION:**

1. What are you most worried about today?
2. Why do you think anxiety and worry is such a growing problem today?
3. Why does Jesus tell us not to be anxious?
4. How does looking at the birds help us see God more clearly?
5. How does thinking about the lillies help us think about God more clearly?
6. How does seeking God first help us worry less?
7. What is one takeaway from this message that might help you when you feel anxious?



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