**Pastor Demetric Felton Sr. December 31, 2017**

**1st THINGS 1st**

Matthew 6:25-34

**Key truth:** God wants us to deal with stress by trusting Him in every area of our lives.

1. Don’t go into 2018 with the same stress and anxiety you had

 in 2017.

2. Why worry and stress is not healthy for a child of God:

 A. We have a Father who values and loves us.

 B. We are ultimately not in control of our lives.

 C. Faith in God impacts how we view money and material

 things.

 D. Our Heavenly Father knows what we need and has

 promised to provide for His children.

 E. Tomorrow’s problems rob you of today’s joy.

3. Determine to make God’s Kingdom a priority in your life.

 A. Be very careful not to use God to fulfill your dreams rather

 than being available to God to be a blessing to others and

 building His Kingdom.

 B. Make prayer a daily priority in your life.

 C. Seek God in His word daily.

 D. Look for opportunities to love, care and serve others.

 E. Seek to be a better steward of God’s financial resources He

 has entrusted to you.

 F. Seek to take better care of your physical body.

 G. Seek peace, reconciliation and forgiveness with others.

 H. Increase your gospel conversations with others.

**Taking it Beyond the Walls**: Trust the loving hands of God to keep you in 2018. Make your relationship with Jesus Christ the priority of your life.

**Food For Thought**

For the Week of December 31, 2017

What is one decision in your life that has caused you stress recently?

What is your go-to coping mechanism for dealing with stress?

Why is anxiety sinful? What do we communicate to God when we choose to deal with stress by being anxious and fearful?

How does knowing that “your Heavenly Father already knows all your needs,” help you face the future?

Read Psalm 37:25-26. What did the psalmist know to be true about God? What perspective does this give to the stresses and anxieties that divide your heart?

Read John 14:27. What difference can the truth of this encouragement from Jesus make in our lives as we learn to deal with stress in a way that honors God?

**HAPPY NEW YEAR!!**

**Philippians 4:4-7**