**Pastor Demetric Felton Sr May 14, 2023**

**The Cure For Worry**

Matthew 6:25-34

**Key Truth:** Jesus wants us to deal with worry by surrendering everything to Him in prayer rather than turning away in fear.

**Reasons Why We Worry:**

1. We worry about not having enough money to meet our

needs.

2. We worry if things will turn out for our good.

3. We don’t trust that God is in control.

**Reasons We Shouldn’t Worry:**

1. God is our loving Heavenly Father.

2. We are valuable children of God.

3. Worry is unproductive, it doesn’t benefit your mental or

physical health.

**How To Conquer Worry:**

1. Rearrange your priorities.

A. Seek God’s Kingdom rule in your life.

B. Pursue righteousness in life with focus on living out

His mission.

2. Change your perspective on life.

A. Understand that life is more than material

possessions.

B. Live in the moment of today. Matthew 6:34

C. Leave problems out of your control to God. Psalm 55:22

D. Pray in faith that God will answer you. Philippians 4:6-7,

James 1:5-8

**Taking It Beyond The Walls:** Trust in God’s love and goodness today. Thank God that He already knows about tomorrow. Praise Him for His loving care for you.

**Connection Group Homework:**

Looking back at your notes, was there anything that particularly caught your attention, challenged, or confused you?

Do you consider yourself a worrier?

What are you most likely to stress about and why?

What negative effects have worries had on your health? Your thoughts? Your productivity? Your relationships with others?

Philippians 4:6-7: Do you consider worry a sin? Explain your answer.

Read Philippians 4:11-13: How did Paul trust God to supply his needs.

Read Philippians 4:19: What promise did Paul give his readers?

Read James 1:1-18: According to James, what should be a Christian’s attitude when facing trials? How often is this your attitude in your own hard times?

Why is perseverance important? What reward comes with persevering in the faith?

Read John 16:24. What does it mean to ask for things in Jesus’ name? What does God promise to us when we ask Him for our needs in this way?