

Meade Episcopal Church

Mid-Week Wednesday, Feb 23, 2022

Topic: Do Not Be Anxious About Tomorrow//Do Not be Anxious

Bible Study Text:

Matthew 6: 24-34

Introduction: Anxiety is feeling of worry, nervousness, or unease, typically about an imminent event or something with an uncertain outcome. The question with anxiety is not whether it will come, but rather, how can we fight it when it does? We are anxious creatures from childhood to adulthood. This study identifies several ways not to fight anxious living and one proven way that works. God wants to comfort and stabilize the anxious living with truth. What truths calm our fears? If the Bible is going to effectively speak to our anxious hearts, we need to learn how to read it well.

1. What is Anxiety? Matthew 6:24-34; Luke 21:34-36
2. Name and discuss things that causes anxiety? (Philippians 4:4-7)
3. How do we deal with Anxiety? Matthew 6:33-34; Lamentation 3:21-33;
Romans 10:17; I Peter 5:7-8

Conclusion: There are a million and more ways of dealing with anxious living in the world today. Most, if not all gives ONLY temporary relieve but nothing near perfect solution. Our text argues, gives reason, provide facts, truth, believe, faith in Christ is the absolute solution to anxious living. Roman 10:17; Lamentation 3:21ff.

Memory Verse: Yet this I call to mind and therefore I have hope: Because of the LORD's great love we are not consumed, for his compassions never fail.
Lamentation 3:21-22.