

# ANXIETY

## SERMON SUMMARY

Today's sermon focused on the topic of anxiety, as delivered by guest speaker Dr. Ronnie Floyd. He emphasized the importance of trusting in God's providential care and putting Jesus first in our lives to overcome worry and anxiety. Dr. Floyd highlighted key biblical teachings from Matthew 6, where Jesus instructs us not to worry about our lives, as God knows our needs and will provide for us. The sermon also included practical recommendations for dealing with anxiety, such as seeking Jesus first, believing in God's care, and giving our worries to God.

1. Anxiety divides the mind and distracts us from God's purpose.
2. Jesus instructs us not to worry, as God knows our needs and will provide.
3. Putting Jesus first in our lives helps us overcome anxiety.
4. Believing in God's providential care is crucial for peace of mind.
5. Giving our worries to God is a daily practice that brings freedom.

## KEY VERSES

1. **Matthew 6:25-34 (NLT)**
2. **1 Peter 5:7 (NLT)**
3. **Philippians 4:6 (NLT)**
4. **John 14:1 (NLT)**

## QUESTIONS

1. What are some common sources of anxiety in your life?
2. How does the concept of 'dividing the mind' relate to anxiety?
3. Why do you think Jesus emphasizes not worrying about food, drink, and clothing?
4. How can we practically 'seek first His kingdom and His righteousness' in our daily lives?
5. What does it mean to believe in God's providential care?
6. How can we effectively give our worries to God?
7. Why is it important to have a consistent devotional life?
8. How can we support each other in overcoming anxiety?

## LIFE APPLICATION

This week, challenge yourself to start each day by giving your worries to God in prayer. Make a list of your concerns and consciously hand them over to Him, trusting in His care and provision.