

ANXIETY RELIEF

November 2, 2014 Matthew 6:25-34 by Bob Branch
The Truly Liberated Life, Part 20

MAIN IDEA: Jesus exposes and confronts what causes anxiety in us, and then calls us to take his hand and walk a different path free from it. *Anxiety relief!*

Prequel: The Anatomy of Anxiety... the choices we make with regard to our treasures, what we focus on, and the masters we serve create habits of mind that in turn lead to worry, fear and anxiety.

- **Heart follows Treasure**
- **Focus creates Darkness or Light**
- **Serve One Master at a Time**

“Worry is a vote of no-confidence in God” **Helmut Thelicke**

3 STEPS TO CONQUERING ANXIETY

1. **SHIFT** your **FOCUS**

There’s something about creation that shows us God’s care.

“The heavens declare the glory of God; the skies proclaim the work of his hands. Day after day they pour forth speech; night after night they reveal knowledge. They have no speech, they use no words; no sound is heard from them. Yet their voice goes out into all the earth, their words to the ends of the world.” **Psalm 19:1-4** (Rom. 1:20; 8:19-22)

“be sure of this: I am with you always” **Matthew 28:20**
NLT (Is. 43:2; Josh. 1:9)

2. **RE-CONNECT** to God’s **CARE**. Refresh your trust in him.

“Are you not much more valuable than they?”

2 Voices: Creation and the Cross.

A matter of **Acceptance**.

“And I ask him that with both feet planted firmly on love, you’ll be able to take in with all followers of Jesus the extravagant dimensions of Christ’s love. Reach out and experience the breadth! Test its length! Plumb the depths! Rise to the heights! Live full lives, full in the fullness of God.” **Ephesians 3:17-19** Message (1 John 3:16; Jer. 31:3)

3. **ACTIVELY PURSUE** God’s **RULE** on earth.

“But seek first his (the) kingdom and his righteousness, and all these things will be given to you as well.”

Matthew 6:33

Hide and Seek to Find Lifestyle

First is **Priority**... first in emphasis

First is **Chronology**... first in time (Mark 1:35)

First is **Love**... first love for him (Rev. 2:4)

Kingdom and **Righteousness**... Everything in life with God as King, Everything made right with God.

“the kingdom of God is the range of God’s effective will, where what God wants done is done.” **Willard**

Pursuit is looking for and joining God in his work already in progress

“My Father is always working, and so am I.” **John 5:17** NLT