

December 15, 2019 SERMON NOTES

SERIES: The Gift Exchange

Worry for Peace

Matthew 6:25-34

I. Worry is harmful to our well-being.

A. Worry is _____ - nature does not worry (6:25-26).

B. Worry is _____ - does not change a thing (6:27-30).

C. Worry is _____ - reflects a lack of faith (6:31-34).

II. How do I exchange worry or peace?

A. _____ on the One who cares for you (I Peter 5:6).

1 Peter 5: *‘Therefore humble yourselves under the mighty hand of God, that He may exalt you at the proper time, ’casting all your anxiety on Him, because He cares for you.*

B. Live _____.

C. Develop an attitude of _____ and _____.

D. Two things Paul told us to do in order to defeat worry.

Philippians 4: *‘Don’t worry about anything; instead, pray about everything. Tell God what you need and thank him for all he has done. (NLT)*

1st, tell _____.

2nd, _____ for what He has already done.