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Don't Worry, Be _____

SOME STATISTICS¹

- Anxiety disorders are the most common mental illness in the U.S., affecting 40 million adults in the United States age 18 and older, or 18.1% of the population every year.
- 6.8 Million Americans Suffer from General Anxiety Disorder
- 15 Million Americans Suffer from Social Anxiety Disorder (SAD)
- According to the World Health Organization 1 in 13 people globally suffers from anxiety.

Notes: _____

¹Anxiety and Depression Association of America

1. THE COMMAND: NO ANXIETY

Matthew 6:25,31,34 (ESV)-Therefore I tell you, do not be anxious about your life....Therefore do not be anxious,...“Therefore do not be anxious about tomorrow”

2. THE REASON: WE WORRY

A. About NEEDS

Matthew 6:25 (ESV)-Therefore I tell you, do not be anxious about your life, what you will eat or what you will drink, nor about your body, what you will put on.

B. About HEALTH

Matthew 6:25 (ESV)-Therefore I tell you, do not be anxious about your life, what you will eat or what you will drink, nor about your body...

C. About FUTURE

Matthew 6:34 (ESV)- “Therefore do not be anxious about tomorrow...

3. THE QUESTION: WHY WORRY?

Matthew 6:28 (ESV)- And why are you anxious about...?

Why do we worry about the things we CAN CONTROL?

Why do we worry about the things that we CAN'T CHANGE?

4. THE SOLUTION: PERSPECTIVE

A. About LIFE

Matthew 6:25 (ESV)-Therefore I tell you, do not be anxious about your life, what you will eat or what you will drink, nor about your body, what you will put on. Is not life more than food, and the body more than clothing?

B. About LOVE

Matthew 6:26,30 (ESV)-Look at the birds of the air: they neither sow nor reap nor gather into barns, and yet your heavenly Father feeds them. Are you not of more value than they? But if God so clothes the grass of the field, which today is alive and tomorrow is thrown into the oven, will he not much more clothe you...

C. About FUTURE

Matthew 6: 34 (ESV)- “Therefore do not be anxious about tomorrow, for tomorrow will be anxious for itself. Sufficient for the day is its own trouble.

Here Is The Point: God cares for us, so we need not to worry!