



Matthew Zamudio, Pastor, Windsor Park Baptist Church, Desoto Tx. December 26, 2021. All scriptures are printed verbatim with translations noted.

2022 Freedom

SOME STATS

- ◆ 4 in 10 adults have anxiety.
- ◆ This number is up from 1 in 10 pre pandemic.
- ◆ During August 2020–February 2021, the percentage of adults with recent symptoms of an anxiety or a depressive disorder increased from 36.4% to 41.5%¹

Notes: _____

1. THE WORRIES

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.

2. THE QUESTIONS

Matthew 6:25-30 (ESV)—“Is not life more than food, and the body more than clothing?” Look at the birds of the air... Are you not of more value than they? And which of you by being anxious can add a single hour to his span of life?

3. THE SOLUTION

Matthew 6:31-33 (ESV)— Therefore do not be anxious...your heavenly Father knows that you need them all. But seek first the kingdom of God and his righteousness, and all these things will be added to you.

4. THE CONCLUSION

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.

Life Application Section

A. Don't stress what you can control.

Matthew 6:30 (ESV)-And which of you by being anxious can add a single hour to his span of life?

B. Don't stress what you can't control.

Matthew 6:31 (ESV)-Therefore do not be anxious...your heavenly Father knows that you need them all.

C. Live with a Kingdom Focus.

Matthew 6:32 (ESV)- But seek first the kingdom of God and his righteousness, and all these things will be added to you.

D. Live with a daily focus.

Matthew 6:34 (ESV)—Therefore do not be anxious about tomorrow... Sufficient for the day is its own trouble.

Here Is The Point: Peace is found daily in kingdom seeking.