



# UPSIDE DOWN

## ESCAPING ANXIETY

MATTHEW 6:25-34

*"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?" v. 25*

### CHRIST COMMANDS A NEW PERSPECTIVE AS A SOLUTION TO OUR ANXIETY.

#### I. God has a track record of \_\_\_\_\_ .

*"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? And which of you by being anxious can add a single hour to his span of life? And why are you anxious about clothing? Consider the lilies of the field, how they grow: they neither toil nor spin, yet I tell you, even Solomon in all his glory was not arrayed like one of these. 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, O you of little faith?" vv. 26-30*

Are you \_\_\_\_\_ God's character and provision?

#### II. The world has a track record of \_\_\_\_\_ .

*"Therefore do not be anxious, saying, 'What shall we eat?' or 'What shall we drink?' or 'What shall we wear?' For the Gentiles seek after all these things, and your heavenly Father knows that you need them all." vv. 31-32*

Are you \_\_\_\_\_ the insecurities and lies of our world?

#### III. His kingdom is the only worthy option for our \_\_\_\_\_ .

*"But seek first the kingdom of God and his righteousness, and all these things will be added to you." v. 33*

Are you \_\_\_\_\_ His Kingdom?

### THIS PERSPECTIVE CHRIST COMMANDS IS DESIGNED TO BE EXERCISED \_\_\_\_\_ .

*"Therefore do not be anxious about tomorrow, for tomorrow will be anxious for itself. Sufficient for the day is its own trouble." v. 34*

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## DEVOTIONAL & HOME GROUP STUDY

1. What things cause you the most anxiety at this point in your life? How are those things different from worries you had five or 10 years ago?

### FOR THIS WEEK

#### SCRIPTURE MEMORY VERSE:

MATTHEW 6:33

*"But seek first the kingdom of God and his righteousness, and all these things will be added to you."*

#### JOURNAL:

Matthew 6:25-34

"Jesus goes on to advance a very fundamental argument against worry. Worry, he says, is characteristic of pagans, and not of those who know what God is like. Worry is essentially distrust of God. Such a distrust may be understandable in pagans who believe in a jealous, capricious, unpredictable god; but it is beyond comprehension in anyone who has learned to call God by the name of Father. Christians cannot worry because they believe in the love of God."

WILLIAM BARCLAY

"Meet today's problems with today's strength. Don't start tackling tomorrow's problems until tomorrow. You do not have tomorrow's strength yet. You simply have enough for today."

MAX LUCADO

"Worry shows that we are mastered by our circumstances and by our own finite perspectives and understanding rather than by God's Word. Worry is therefore not only debilitating and destructive but maligns and impugns God. When a believer is not fresh in the Word every day, so that God is in His mind and heart, then Satan moves into the vacuum and plants worry. Worry then pushes the Lord even further from our minds. ... Worry is inconsistent with our faith in God and is therefore unreasonable as well as sinful. Worry is characteristic of unbelief."

JOHN MACARTHUR

2. Read Matthew 6:25-34. What top three worries did Jesus discourage among his followers? Why?

3. What's the difference between planning for the future and having anxiety about the future?

4. How does worry and anxiety affect us emotionally, physically and spiritually?

5. What help from the sermon encouraged you to entrust your worries and anxiety to God? What steps can you take today to change your priorities from worldly ones to kingdom ones?

### JOURNAL Matthew 6:25-34

Two helpful practices can help you to defeat anxiety:

- 1) concentrating upon the kingdom of God;
- 2) acquiring the art of living one day at a time.

How can you incorporate these into your daily routine as you notice anxiety and worry creeping into your mind?

*You keep him in perfect peace whose mind is stayed on you, because he trusts in you. Trust in the Lord forever, for the Lord God is an everlasting rock. Isaiah 26:3-4*

## COMING UP AT CHRIST CHAPEL

Here's a glimpse at what you need to know for this week at Christ Chapel. If you'd like to find out even more, visit [www.ccbcfamily.org/events](http://www.ccbcfamily.org/events). That's a great spot to see what's coming up!

**SEDER CELEBRATION AND DESSERT RECEPTION** Led by David Teitelbaum, D.O., the Seder allows you to experience the traditional Passover ceremony that Jesus Himself would have participated in during His earthly ministry. You'll taste the ceremonial elements, learn the symbolism behind each, and, best of all, discover how it all points to Jesus as Savior and Redeemer. Learn more and register at [ccbcfamily.org/easter2022](http://ccbcfamily.org/easter2022).

**TENEBRAE** Tenebrae, which means "the darkening," is a moving Good Friday service recounting Jesus's life and death through music, storytelling and communion. Join us on Friday, April 15 at 6 and 7:30 p.m. as we prepare our hearts and minds for Easter. Kids Care is available through age 11 by RSVP at [ccbcfamily.org/KidsRSVP](http://ccbcfamily.org/KidsRSVP). We recommended that children ages 10 and under not attend due to the dramatic nature of the service.

**NAVIGATE 2022** Join us for conversations about truth, identity, tolerance and compassion amid the current cultural climate on Friday and Saturday, April 22 and 23. This worldview conference is led by national experts on faith and culture, you'll discover biblical answers to life's toughest questions. Be equipped to be a voice of hope and truth in a hurting world. Learn more at [ccbcfamily.org/events](http://ccbcfamily.org/events).

**AVENEW WEEKEND** From dating and engaged to newly married, couples are welcome to our AVENEW weekend conference starting on Friday, May 13. You'll receive a biblical framework to model as you walk out the Lord's plan for your marriage. AVENEW weekend is a two-day conference-style event equivalent to twelve weeks of learning. Learn more or sign up at [ccbcfamily.org/events](http://ccbcfamily.org/events).

**ROCK N' ROLL INTO MUSICAMP THIS JULY!** Do your children love music and dance? Mark your calendars for July 11-15! They'll have a week full of dancing, singing and discovering the fun of making music that results in an entire musical by the end of the week. From the professional musicians and exceptional volunteers to the children in Grades 1-6, everyone will be tapping their feet to the beat. Learn more by going to [ccbcfamily.org/events](http://ccbcfamily.org/events).

**STUDENT SUMMER OPPORTUNITIES** This summer Student Ministries is filled with great opportunities to make lifelong memories and connect with God on a deeper level. For all incoming fall students Grades 6-8, come with MSM to Camp Eagle in the Texas Hill Country from June 3-6. Students in HSM will visit Camp Glorieta in New Mexico June 24-30. Learn more at [ccbcfamily.org/events](http://ccbcfamily.org/events).



**LOOKING FOR THE CONNECT CARD?** Scan the QR code here to fill out a Connect Card. Our team will reach out this week to answer your questions and tell you more about Christ Chapel.

**IF YOU'D LIKE TO GIVE AN OFFERING TODAY, YOU CAN DO SO STRAIGHT FROM YOUR PHONE.** The process is quick and easy—text CCBCFW to 833-422-7200 to get started.