



The Sermon on the Mount
Chapter 7: Worry and Anxiety
Matthew 6:25-34

- Anxiety Disorders

- Depression

- Worry Matthew 6:21

- Effects of Worry Philippians 4:6-7

- Five Reasons to Not Worry
 - God can be Trusted
 - Hampers our Efforts
 - More Harmful than Helpful
 - God is Faithful
 - Worrying Shows Lack of Faith

- Planning for the Future
 - Proverbs 16:9
 - Jeremiah 29:11
 - James 4:13-15





Study/Discussion Questions:

1. How does worry differ from Anxiety Disorders and Depression?
2. What are the effects of worry?
3. What does worry and anxiety say about us relative to Matthew 6:21?
4. According to Philippians 4:6-7, what are we to do instead of worrying? What does it mean "with thanksgiving?" What does God do in return?
5. Discuss the 5 reasons to not worry. Which one(s) resonate most with you? Which need the most work in your life?
6. Is it okay to worry about some things in life? Why or why not? Can we completely eliminate worry and anxiety from our life?
7. How can planning for the future be time well-spent, while worrying be a waste of time? What are the cautions we need to be aware of when planning for the future?

