

Battling the Beast of Anxiety
Matthew 6:25-34; John 14:1-6

Pastor Jim Sole

December 3, 2023

- A. Causes of Anxiety

- B. Consequences of Anxiety – Matthew 6:25-34
 - 1. It breaks fellowship with God
Matthew 6:25, 31, 34
 - 2. It fuels unbelief of God's faithful provision
Matthew 6:25, 31, Hebrews 3:7-12
 - 3. It intensifies fear of death
Matthew 6:27, Hebrews 2:14-15
 - 4. It draws our hearts and minds off eternity
Matthew 6:33, Matthew 14:28-33

- C. Combating Anxiety
 - 1. Obey Jesus' command not to give into anxiety
John 14:1a, 2 Corinthians 12:8-9
 - 2. Fight anxious feelings with confident faith
John 14:1b, Ps. 56:3-4
 - 3. Focus on heaven not circumstance prompting anxiety
John 14:2, 1 Peter 1:3-8
 - 4. Live in the light of Christ's Second Coming
John 14:3, Col. 3:1-3
 - 5. Remember our union with Christ
John 14:4-6, Psalm 23, 2 Peter 1:3-4, John 15:1-5

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