

## *Peaceful at Heart*

*“Men will faint from terror, apprehensive of what is coming on the world.” – Luke 21:26*

*“Don’t let your hearts be troubled, neither let it be afraid.” – John 14:1*

### **I. Why is anxiety more of a problem today than ever before?**

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*“The sleep of a laborer is sweet, whether he eats little or much, but the abundance of a rich man permits him no sleep.” – Ecclesiastes 5:12*

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*“Don’t worry.” (NLT) “Do not be anxious.” (ESV) – Matthew 6:25,31,34*

*“No man builds a tower without first sitting down and calculating the cost, or he gets half done and he can’t finish. No King goes forth to war without calculating what the odds are of him winning.” – Luke 14:28*

### **II. Why is Anxiety Wrong?**

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*“That’s what pagans seek after,” – Matthew 6:32*

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*“Who of you by worrying can add one hour to his life?” – Matthew 6:27*

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*“Jesus said, ‘Oh you of little faith, you are no different than the pagans.’” – Matthew 6:32*

*“I will supply all your needs according to my riches in Christ.” – Philippians 4:19*

*“when you are tempted I will not allow you to be tempted beyond what you can bear, but I will with every temptation provide a way of escape that you can bear up underneath it.” – 1 Cor.10:13*

*“To be absent from the body is to be present with the Lord.” – 2 Corinthians 5:8*

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*“Consider the birds of the air. Consider the lilies of the field. How do they grow? Solomon is not dressed any better than that.” – Matthew 6:28*

*“I was young and now I am old and yet I’ve never seen the righteous forsaken or their children begging bread.” – Psalm 37:25*

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*“Seek ye first the kingdom of God and his righteousness and all these things will be given to you as well.” – Matthew 6:33*

*“Don’t be anxious about anything but in everything by prayer and petition with thanksgiving present your requests to God, and the peace of God, which transcends all understanding will guard your hearts and your minds in Christ Jesus.” – Philippians 4:6-7*

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*“Therefore, do not worry about tomorrow for tomorrow will not have any problems. Tomorrow will worry about itself. Each day has enough problems of its own.” – Matthew 6:34*

*“This is the day that the Lord has made. Let us rejoice and be glad in it.” – Psalm 118:24*

**Reflect on today’s teaching, what is one thing you would like to apply over the next week, month, or year?**

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