

*Peaceful
at Heart*

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

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

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

The Affluence of Our Age

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

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

Media Hype

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

Our Modern Lifestyle

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

Small Families

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“Don’t worry.” (NLT)

“Do not be anxious.” (ESV)

– Matthew 6:25, 31, 34

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“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

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II. Why is Anxiety Wrong?

It focuses on this world.

“That’s what pagans seek after,”

– Matthew 6:32

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II. Why is Anxiety Wrong?

It is an exercise in futility.

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

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II. Why is Anxiety Wrong?

**It is an evidence of
faithlessness.**

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

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***“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 Corinthians 10:13

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

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What does Jesus say about Anxiety?

**Examine the evidence of
God's providence in your life.**

“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 6:26

***“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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What does Jesus say about Anxiety?

Place your primary
emphasis on the spiritual.

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

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“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

What does Jesus say about Anxiety?

**Practice the art of living
one day at a time.**

“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.” – Mt. 6:34

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

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