

From Anxiety to Simplicity
Matthew 6:25-34
Formation, 2
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Anxiety distorts the purposes of the Father for our lives. vs. 25a
"Therefore I tell you, do not be anxious ..."

*Identify areas of anxiety in your life.

Moving from anxiety to simplicity ... vs. 25b-34

See your life in terms of a larger context.
"Is not life more than food, and the body more than clothing?"

Contemplate creation and God's care as it illustrates ...

our value to God.
"Are you not of more value than they?"

our lack of control.
"And which of you by being anxious can add a single hour to his span of life?"

God's ability to provide.
"will he not much more clothe you, O you of little faith?"

God's knowledge of every situation.
"your heavenly Father knows that you need them all"

Release anxiety as a method for dealing with life.
"Therefore do not be anxious, saying ..."

Meditate on God's sovereignty and goodness.
"But seek first the kingdom of God and his righteousness"

Rest in the present moment.
"Therefore do not be anxious about tomorrow ... sufficient for the day is its own trouble"

QUOTE: "God is infinitely simple." Thomas Aquinas