

COVID-19 "I'm All Stressed Up and Nowhere to Go"

Reference: **Matthew 6:25-34**

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Because of this increasing pandemic, these are stressful times. In addition to the potential of contracting the virus, there is possible unemployment and supermarket shortages and other complications. People are facing unusual stress units; and there is a temptation to become anxious, frightened, paranoid, distressed, unsettled and worried. In His famous Sermon on the Mount, Jesus cites three reasons why being worried is unacceptable:

ONE is that to be worried is _____ because man is more than what (just) relates to the material.

verse twenty-five (see screen)

Jesus gives the command not to worry three times in this section: **verses 25, 31** and **34**. In the original Greek language the command "*do not worry*" includes the idea of _____ something that has already started.

Jesus said not to be worried about life and life is a comprehensive term that includes _____ that someone is and _____ that someone experiences as a person. That includes the physiological, psychological, emotional, spiritual and relational dimensions of someone.

Throughout this section, Jesus is going to emphasize that, in a technical sense; being worried is the sin of _____ God.

The English term "worry" comes from an old German word that means "to strangle and to _____."

TWO is that to be worried is _____ because God as our spiritual Father cares so much about us.

Three object lessons that demonstrate that God as a spiritual Father cares about us:

Object Lesson One is the _____ and _____.
verse twenty-six (see screen)

Object Lesson Two is _____ and his _____ and or _____.
verse twenty-seven (see screen)

Object Lesson Three is the _____ and _____.
verses twenty-eight through **thirty** (see screen)

THREE is that to be worried is _____ with who we are as Christians because being worried is what non-Christians do.

verses thirty-one and **thirty-two** (see screen)

"Gentiles" is a biblical reference to _____ - _____ people and ancient Gentiles were polytheistic pagans.

The word "seek" has the connotation of "_____ after some object."

THE JESUS SOLUTION TO BEING WORRIED:

STEP ONE put God _____ in all that we think, say and do.

verse thirty-three (see screen)

STEP TWO determine to live one day _____.

verse thirty-four (see screen)

Two reasons we should live one day at a time:

- If we're always focused on tomorrow's problems, then we're going to miss today's _____.
- Tomorrow's problems cannot be solved using today's _____.

STEP THREE is to _____ God to care for us.

verse thirty (see screen)

Note: It is _____ - _____ to commit our eternal souls to God and trust Him to bring us to heaven at some point, and then refuse to trust Him now to provide what we need. .

Carrier technique on how to handle situations that can cause someone to become worried:

First, ask ourselves the question, "What is the _____ that can happen?"

Second, prepare ourselves to _____ the worst if we have to.

Third, trust God to help us _____ on the worst.