



I THINK. I FEEL. I AM ... *anxious*

MATTHEW 6:25-34

"THEREFORE I TELL YOU, DO NOT BE ANXIOUS ABOUT YOUR LIFE ..."

MATTHEW 6:25

I. We can find peace through God's _____.

"Therefore I tell you, do not be anxious about your life, what you will eat or what you will drink, nor about your body, what you will put on. Is not life more than food, and the body more than clothing?" v. 25

II. We can find peace through God's _____.

"Look at the birds of the air: they neither sow nor reap nor gather into barns, and yet your heavenly Father feeds them. Are you not of more value than they? ... Consider the lilies of the field, how they grow: they neither toil nor spin ... But if God so clothes the grass of the field, which today is alive and tomorrow is thrown into the oven, will he not much more clothe you ... ?" vv. 26, 28b, 30a

III. We can find peace through God's _____.

"But seek first the kingdom of God and his righteousness, and all these things will be added to you." v. 33

HUMBLE YOURSELVES, THEREFORE,
UNDER THE MIGHTY HAND OF GOD
SO THAT AT THE PROPER TIME HE MAY EXALT YOU,
**CASTING ALL YOUR ANXIETIES ON HIM,
BECAUSE HE CARES FOR YOU.**

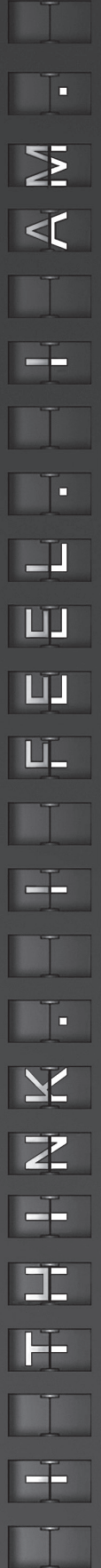
1 PETER 5:6-7

When I think, I feel, I am ... anxious:

■ i THINK ... about God's _____ to me.

■ i FEEL ... _____ believing God has a good plan for me.

■ i AM ... _____ by God as his child, His most valuable creation.



DEVOTIONAL & HOME GROUP STUDY

Ask the Holy Spirit to reveal His truth and wisdom as you go through this lesson.

1. In what situations do you tend to feel the most anxious? How often during a given week would you say you feel that way?

2. Read Matthew 6:19-34. What reasons did Jesus give for refusing to worry?

"God has a purpose for all things in our lives, even anxiety. If the chief end of man is to glorify God, then we can trust that our anxiety is doing something for our good and God's glory. ... God created my emotions, and He invites me to process my feelings before Him so He can interact with me, calm me and change me."
JOSH WEIDMANN

"Anxiety, worry, fretting—these vices have been domesticated by modern Christians. We've adopted them into the family, so to speak. Rarely do we hear of anybody rebuking or correcting a brother or sister in Christ over excessive worry—probably because most of us are guilty of it, too, at some level. Yet Christ is clear in Matthew 6:25-34 that worrying can be extremely detrimental to our lives. That's because at the heart of worry is a distrust of God's promises and providence."
CHARLES SWINDOLL

3. What points from the sermon were new or helpful thoughts for you, and why?

4. What does it mean to "lay up treasures in heaven"? How does it help us to keep our focus in the right place?

5. Read 1 Peter 5:6-7, Colossians 3:2, Isaiah 26:3 and Philippians 4:6-7. How do these verses speak into the attitude and focus we should have as we live day to day? What is most difficult aspect about putting these verses into action?

6. Using the verses above, try a thought experiment this week and start thinking with a renewed mind when anxious thoughts threaten.

1. Capture the thought - What thought is plaguing you, and what belief is under this thought?

2. Determine who is speaking - Does the enemy accuse? Are you trapped by your own thoughts?

3. Understand intent - Where will this thought process eventually take me?

4. Look for unlocked doors - Identify what unlocked this thought. What old pattern should you repent of? What boundary did you let down?

5. Submit to the mind of Christ - Rehabilitate old thoughts and relearn who you are.

6. Pray: repent and renounce - Renounce the lie and recommit your thinking to God.

7. Go a new way - Take in and obey Scriptures that counter sinful thoughts.

Modified from original content by Kelly Balarie

A WONDERFUL OFFER

Being a Christian isn't based on membership in a local church or keeping a set of rules. It involves a personal relationship with Jesus Christ and an understanding of who He is and what He has done to provide man with a way to experience God's love for us. Here's how to know Jesus Christ as your personal Savior:

- 1. Realize that you are sinful and separated from God. (Romans 3:23; Isaiah 53:6)
2. Recognize that the penalty for your sin is death—eternal separation from God and all that is good. (Romans 6:23; Hebrews 9:27)
3. Understand that Jesus Christ took the penalty for your sin by dying in your place and that He rose again. (Romans 5:8; 2 Corinthians 5:21)
4. Receive the free gift of salvation by trusting in Christ alone as your Savior. (Romans 4:4-5; Ephesians 2:8-9)
"Dear God, I know that I am a sinner. I believe that Jesus Christ died on the cross for me and rose from the dead. I trust in Him alone as the only way to get right with You. Thank You for the forgiveness of sins and the eternal life I now have. Amen."

COMING UP AT CHRIST CHAPEL

Here's a glimpse at what you need to know for this week at Christ Chapel. If you'd like to find out even more, visit www.ccbcfamily.org/events.

MSM SUMMER CAMP Join the MSM staff and your favorite leaders as we head to Carolina Creek Christian Camp from Wednesday, July 24, to Saturday, July 27. From learning more about Jesus and the gospel to hanging with friends and making memories, register today by visiting www.ccbcfamily.org/msmsummer.

NIGHT OF WORSHIP Across all locations, our church desires to prioritize intentional time in worship and the presence of God. For a few hours at our South Campus, our Women's Ministry will host a night for the women of Christ Chapel to gather, worship and direct their lives toward Jesus this upcoming Friday, April 12! Learn more about time and location at: www.ccbcfamily.org/worshipnight.

DISCIPLESHIP GROUPS Why do life alone when you were meant for community? That's why we created Discipleship Groups. Around here, the purpose of these groups is for spiritual growth to increase. Practically, this looks like meeting with a leader and a small group to dive deeper into the basics of our faith, and then, we want you to go and do—leading your own Discipleship Group. Our faith flourishes in community, so start today! Learn more at www.ccbcfamily.org/groups.

LUNCH WITH A MISSIONARY Have you ever wondered about our Global Missions Ministry? Then join us for Lunch With a Missionary! Come fellowship with one another and learn more about how to support the persecuted church worldwide on Sunday, April 21 at 12:30 p.m. in the Oak Room. Learn more by visiting www.ccbcfamily.org/lunch.

KIDSCAMP IS COMING UP! The gospel is for everyone—and that's why KidsCamp exists! We're on a mission to tell every boy and girl that God's invitation of forgiveness and love is for them! From the joy-filled games with friends to the discovery of God's Words in the Bible, one week of KidsCamp could begin another chapter of deeper faith. Register today at www.ccbcfamily.org/kidscamp.

DID YOU KNOW WE HAVE A 5 P.M. SERVICE? We created the 5 p.m. service with the BE, MAKE and REACH vision in mind, opening more opportunities for others to meet Jesus. Next Sunday, April 14, the 5 p.m. service is moving to a permanent location in the Chapel! We'll have a free dinner to celebrate and would love for everyone to join in. So come and meet more of the staff, welcome new families and see what God is doing at our campus. We'll see you there!

LOOKING FOR THE CONNECT CARD? Scan the QR code here to fill out a Connect Card. Our team will reach out this week to answer your questions and tell you more about Christ Chapel.

IF YOU'D LIKE TO GIVE AN OFFERING TODAY, YOU CAN DO SO STRAIGHT FROM YOUR PHONE. The process is quick and easy-text GIVE to 24253 to get started.