

It Matters

“It Matters: The Anxious Mind and the God Who Cares”
Matthew 6:25-33 – July 20, 2025

IT MATTERS		
<i>Loving the Lord our God with all our heart, soul, mind, and strength.</i>		
Date	Message Title	Bible Text
July 6	It Matters: The Center of Our Lives	Mark 12:28-31
July 13	It Matters: Childlike, Not Childish	Matthew 18:1-4
July 20	It Matters: The Anxious Mind and the God Who Cares	Matthew 6:25-33
July 27	It Matters: Perseverance	Jude

Mark 12:30 *"Love the Lord your God with all your heart and with all your soul and with all your mind and with all your strength."*

Facts about Anxiety:

- National Institute of Health — The most anxious generation to ever exist. 47% of Gen Zers (12-26) often or always feel anxious.
 - Top things Gen Zers are anxious about: future, finances, relationships (73% sometimes or always feel lonely).
- According to the American Psychiatric Association's 2024 Poll, 43% of adults in the U.S. say they feel more anxious now than they did the previous year. That represents a significant increase from 37% in 2023.
- CDC: 27.3% of U.S. adults are experiencing symptoms of an anxiety disorder.
- Anxiety and Depression Association of America (AADA): Anxiety disorders are highly treatable, yet only 37% of those suffering receive treatment.

Personal Anxiety “I am anxious about _____”

How to Biblically Battle Anxiety Well:

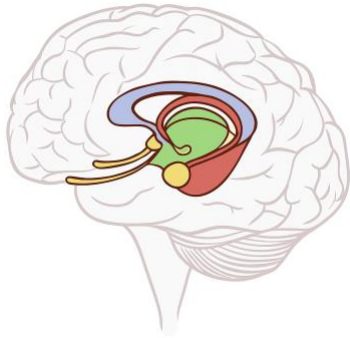
1. Shift your Focus

- **Matthew 6:25-33**
- **Billy Graham:** "Anxiety is the natural result when our hopes are centered in anything short of God and His will for us."
- **Seek first the Kingdom of God**
 - Worship
 - **A.W. Tozer:** "Worship puts God in His rightful place—and everything else in its rightful perspective."
 - **Matt Redman:** "Worship reminds us that the world is not on our shoulders—it's in God's hands."
 - **John Piper:** "Worship is the furnace of the heart, where love for God is rekindled and fear is melted away."
- Look at God's creation
- **Psalms 8:3-4** *When I look at your heavens, the work of your fingers, the moon and the stars, which you have set in place, what is man that you are mindful of him, and the son of man that you care for him?*
- **Isaiah 40:26** *Lift up your eyes on high and see: who created these? He who brings out their host by number, calling them all by name, by the greatness of his might, and because he is strong in power not one is missing.*

2. Choose to feel **Gratitude**

Philippians 4:6-7 *Do not be anxious about anything, but in everything by prayer and supplication **with thanksgiving** let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.*

The Limbic System:



1. Process emotions
2. Regulates memories
3. Controls behaviors

- **Anxiety and Depression Association of America:** “The brain **cannot** respond to anxiety and gratitude at the same time. It is an **either/or** situation. We can feel anxious and other negative feelings, or we can feel grateful and all of the positive emotions that are associated with it.”

• **What are you grateful for?**

- _____
- _____
- _____
- _____

3. Bear One **Another's** Burdens

- **Galatians 6:2** *Bear one another's burdens, and in this way you fulfill the law of Christ.*
- **Rick Warren:** “God doesn't intend for you to handle all the pain and stress in your life by yourself. We were wired to need each other.”
- **Dietrich Bonhoeffer:** “The Christian life is not a solo act. We were made to walk together, carry burdens together, and grow in grace together.”
- **Charles Wesley:** “Help us to help each other, Lord, each other's cross to bear. Let each his friendly aid afford and feel his brother's care.”
- **1 Peter 5:7** *Cast all your anxiety on Him, because He cares for you.*
- **Psalms 94:19** *When anxiety was great within me, your consolation brought me joy.*

Applications for this week:

- Go for a walk and enjoy God's creation.
- Start a gratitude journal.
- Talk about what you are grateful for every time you are in the car with somebody.
- Go grab coffee with a friend and be honest about your life.
- Get support—Care Ministry at Grace Fellowship.
- Pray for each other and follow up!