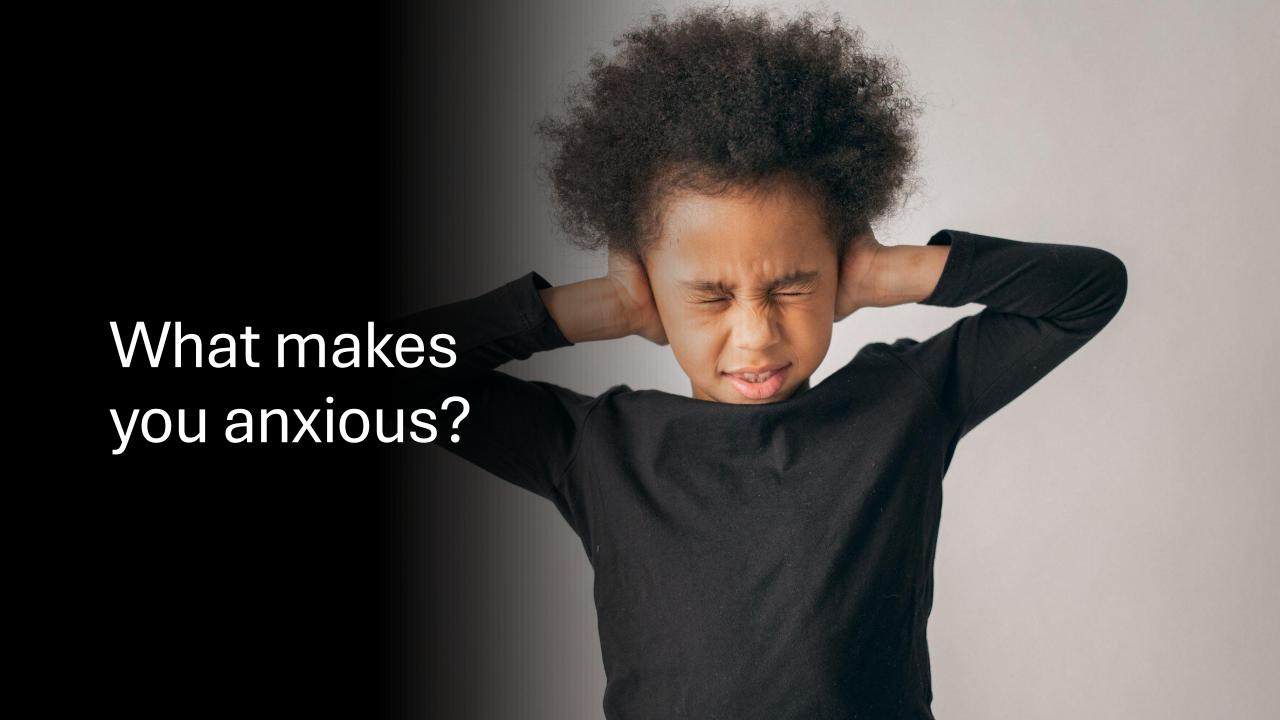


#### Mary & Martha

Luke 10:38 – 42





# The Dangers of Anxiety

- It creates division!
- It leads to doubts in our faith!
- It makes us less thankful!



### How do I overcome my anxieties?

- Know God cares for you!
  - Matthew 6:26 30
  - Mark 5:24 34
  - 1 John 4:18 19

#### How do I overcome my anxieties?

- Know God cares for you!
- Seek first the kingdom of God!
  - Matthew 6:33
  - Focus on things outside of yourself!
  - Colossians 3:1 2
  - Colossians 3:12 15

#### How do I overcome my anxieties?

- Know God cares for you!
- Seek first the kingdom of God!
- Don't borrow tomorrow's problem!
  - Matthew 6:34
  - Be thankful for your blessings of today!
  - Mark 5:22 23; Mark 5:35 43

## Have you cast your anxieties on Jesus Christ?

Matthew 11:28 - 30 (ESV) (28 Come to me, all who labor and are heavy laden, and I will give you rest. 29 Take my yoke upon you, and learn from me, for I am gentle and lowly in heart, and you will find rest for your souls. 30 For my yoke is easy, and my burden is light.")