



**Welcome to Worship**

**Sanford church of Christ**



# Mary & Martha

Luke 10:38 – 42



What makes  
you anxious?



# The Dangers of Anxiety

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





**DO NOT WORRY**

**MATTHEW 6:25-34**

**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?

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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.”)