



Milan Baptist Church

Milan, Michigan

Topic: Anxiety & Worry Part 1 - 04/26/20

Matthew 6:25-27

“²⁵ 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? ²⁶ 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? ²⁷ And which of you by being anxious can add a single hour to his span of life?”

Philippians 4:6-7

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

1 Peter 5:6-7

“⁶ Humble yourselves, therefore, under the mighty hand of God so that at the proper time he may exalt you, ⁷ casting all your anxieties on him, because he cares for you.”

Psalms 34:4

“I sought the LORD, and he answered me and delivered me from all my fears.”

Psalms 37:7

“Be still before the LORD and wait patiently for him; fret not yourself over the one who prospers in his way, over the man who carries out evil devices!”

Proverbs 3:5-6

⁵ Trust in the LORD with all your heart, and do not lean on your own understanding. ⁶ In all your ways acknowledge him, and he will make straight your paths.

Proverbs 12:25

“Anxiety in a man's heart weighs him down, but a good word makes him glad.”

Psalms 42:5-6

⁵ Why are you cast down, O my soul, and why are you in turmoil within me? Hope in God; for I shall again praise him, my salvation ⁶ and my God. My soul is cast down within me; therefore I remember you from the land of Jordan and of Hermon, from Mount Mizar.