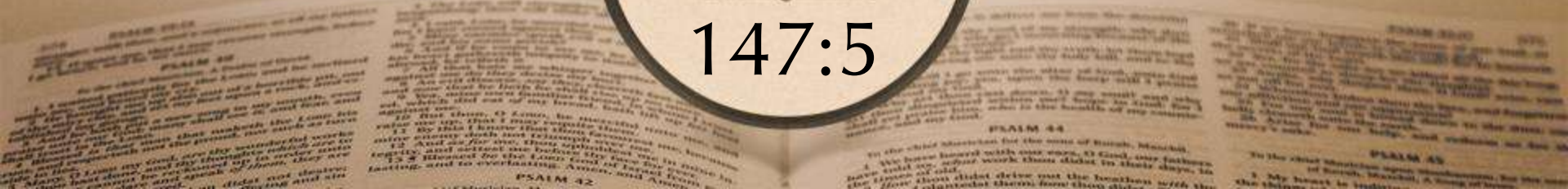


Great is our Lord, and
abundant in power; His
understanding is
beyond measure.



Psalm

147:5



A person with their hands on their head, looking distressed, sitting on a couch. The person is wearing a blue and white checkered shirt and a ring on their left hand. The background is a plain, light-colored wall.

DEALING WITH **ANXIETY**

Matthew 6:25-34



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DEALING WITH ANXIETY

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If God doesn't put any more on you than what you can handle, why do I have panic attacks? And why do people have breakdowns?



DEALING WITH ANXIETY

Matthew 6:25-34

If God doesn't put any more on you than what you can handle, why do I have panic attacks? And why do people have breakdowns?

As someone with a clinical anxiety disorder, and the biggest source of my anxiety being pleasing others (especially God, who I want to please the most), how is a relationship with Him supposed to free me of my anxiety?

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? **28** And why are you anxious about clothing? Consider the lilies of the field, how they grow: they neither toil nor spin, **29** yet I tell you, even Solomon in all his glory was not arrayed like one of these.

Matthew 6:25-29

30 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, O you of little faith? **31** Therefore do not be anxious, saying, 'What shall we eat?' or 'What shall we drink?' or 'What shall we wear?' **32** For the Gentiles seek after all these things, and your heavenly Father knows that you need them all. **33** But seek first the kingdom of God and his righteousness, and all these things will be added to you. **34** Therefore do not be anxious about tomorrow, for tomorrow will be anxious for itself. Sufficient for the day is its own trouble."


Matthew 6:30-34

God is Bigger





God is Bigger
Than My Circumstances



God is Bigger *Than My Circumstances*

“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.”



God is Bigger
Than My Past



God is Bigger *Than My Past*

Philippians 3:13 Brothers, I do not consider that I have made it my own. But one thing I do: forgetting what lies behind and straining forward to what lies ahead, **14** I press on toward the goal for the prize of the upward call of God in Christ Jesus.



God is Bigger
Than My Future



God is Bigger *Than My Future*

“Therefore do not be anxious about tomorrow, for tomorrow will be anxious for itself. Sufficient for the day is its own trouble.”



God is Bigger
Than My Sins



God is Bigger
Than My Sins

Do we believe that?