

SERMON NOTES—January 12, 2025



Do Not Worry Matthew 6:25-34

There's a difference between _____ and _____.

μεριμνάω - merimnaō
- Philippians 2:20

Concern -
Worry -

- Luke 10:38-42

Worry is a _____.

- 1 Samuel 8:5-20
- Matthew 6:31-33, 25, 27
- Matthew 6:19-21
- Luke 12:32-34

Practical ways to build resilience when it comes to worrying:

1. Check your _____.
 - a. Do you _____ God?
 - b. Proverbs 28:13
2. _____ what the Lord has _____.
 - a. Exodus 16:3
 - b. Deuteronomy 5:12-15
 - c. Luke 22:19
3. _____ to the Lord with a _____.
 - a. Luke 22:44
 - b. Matthew 26:39, 42
 - c. Philippians 4:6-7

***Be strong and take heart, all you who hope in the Lord.
- Psalm 31:24***

SERMON NOTES AND QUESTIONS
FOR SMALL GROUPS/PERSONAL REFLECTION
January 12, 2025



1. What is your current biggest worry? After hearing this sermon, are you showing appropriate concern or are you in full freak-out mode?
2. How can we prevent worry from distracting us from the One we truly need - Jesus?
3. How can I let a recognition of worry lead me to an opportunity to trust God?
4. Do you trust God?
5. Looking back on your own personal history through the years, what are five ways God has provided?
6. Restate your worry from question one with "God will provide."