

You Have a Father: Matthew 6:22-34
Week 2 in *My Anxious Thoughts* Series
April 14, 2024
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Worry often gives a small thing a big shadow (Swedish proverb)

The importance of _____ (vs 22-23)

Apply it: _____

Worry is _____

≧ God cares _____ (vs 25-26)

≧ Worry _____ (v 27)

≧ Worry _____ that will come (v 34)

Apply it: Read _____

Trusting the _____ (v 33)

Apply it: Equal time for _____

Focus on the _____, not your _____

Remember!

To allow God to change our hearts, we need to meet with Him. *The Daily Connections* (*Good Morning God*, *Spiritual Boost*, *Good Night Review*) open up our lives to allow God to change us from the inside out.

Good Morning God is to be done when we first wake up in bed at the beginning of every day. Your *Spiritual Boost* connects you with God's words in the Bible during the day sometime when you have 10 minutes of quiet. Finally, you finish your day with *Good Night Review*, and you allow God's joy and forgiveness to come to you as you drift to sleep.

These three spiritual exercises take only 20 minutes each day, and they have been part of following Jesus for many of Jesus' followers over the last 2000 years. Try it yourself and see how your relationship with God deepens and how you are fundamentally changed by spending time with God!

Spiritual Boost Bible Readings

Day 1: Matthew 6:22-23

- ✳ How have you seen that focus affects how people feel?

Day 2: Matthew 6:24

- ✳ What is the difference between a money-focused life and a God-focused life?

Day 3: Matthew 6:25-27

- ✳ Do you think worry is worth the effort?

Day 4: Matthew 6:28-30

- ✳ What stands in the way of you trusting God to take care of you? Make a list of the things and talk with God about them.

Day 5: Matthew 6:31-34

- ✳ What can you do when the worries for tomorrow creep into your mind? What practical step can you take to trust God with them?