

**Do Not Be Anxious**

Anxiety is a great problem today - especially among our young people. But we should remember that anxiety is not new. There is nothing new under the sun. And Jesus took the time to explicitly address anxiety. In this text he offers three tools that can help us limit the effects of anxiety in our lives.

1. Know what is “more”
  - a. Life > Food
  - b. Body > Clothing
  - c. God’s Kingdom > “these things”
2. Know what is best
  - a. Who values you?
  - b. What is your comparative worth?
  - c. What will your Father give you?
3. Know what is possible
  - a. There are things you cannot do. Luke 12:25-26
  - b. There are things that you can do. Luke 12:31, 33

**Application:**

1. Do you find that smaller concerns interfere with your ability to experience joy and contentment over greater things?
2. Does the fact that God loves you and values you give you joy and peace?
3. Are you wasting time and energy being concerned with things that you have no control over and are not your responsibility?
4. Will you seek God’s Kingdom?