

1. **Launcher:** What are you anxious and worrying about this morning?

2. **Worship God** – Psalm 145:15-21

Praise the LORD for His amazing goodness, incredible power, and steadfast love. Worship Him for meeting all your needs, and that He is your Heavenly Father who cares about every detail of your life.

3. **Sermon Reflection: “Our Heavenly Father Knows”**

Do Not Be Anxious

- How helpful is it when someone tells you to not be anxious in your anxiety? Now, how is that so different coming from Jesus’ mouth?
- Think about what he looked like as he told his followers and listeners to not be anxious. How was his demeanor, if he truly is the embodiment of love and compassions?

Reasons, Therefore

- Why are the images that Jesus’ gives so comforting for us in our worry?

Ask and Seek, God Knows

- How did Monte’s story with his daughter impact you?
- Where have you witnessed the Lord’s faithfulness in your worry and anxiety throughout your life?

4. **Kingdom Centered Prayer: You Can Pray with Us**

- I. Praise the LORD for His amazing goodness, incredible power, and steadfast love. Worship Him for meeting all your needs, and that He is your Heavenly Father who cares about every detail of your life.
- II. How are you trusting in yourself rather than God? How have you let anxiety take hold of your heart? Repent of your self-centered and controlling heart and ask Jesus to forgive you and to transform your heart.
- III. Thank God the Father, Jesus Christ, and the Holy Spirit for giving you everything you have, for caring for you so deeply, for knowing you so intimately, and for giving you the faith to trust in Him.
- IV. Who do you know that is being paralyzed by anxiety and worry? Pray for them that they will seek first the Kingdom of God and His righteousness, and that the Spirit will strengthen them to trust His power and love.
- V. Ask the Holy Spirit to fill you with the peace of the Lord which surpasses all understanding. Pray for a heart that is humbly dependent and needy for Jesus every day.

5. **Mission:** We are on mission as Christians to not be anxious or worrisome, for we have a heavenly Father who clothes the grass of the field—how much more for us his beloved?