

Answers for Anxiety

Summer Series: Out of the Depths

Matthew 6:25-34

Anxiety is prevalent because it is both _____
and _____.

I. An _____ to Understand Worry (v. 25)

To “take something” implies assuming responsibility for it. Worry functions, therefore, as an _____
rather than a _____.

A. With Regard to _____ (v. 25a)

B. With Regard to _____ (v. 25b)

II. _____ to Unarm Worry (vv. 26-30)

A. The _____ (v. 26)

B. The _____ (v. 27)

C. The _____ (vv. 28-30)

III. _____ to Undo Worry (vv. 31-34)

A. Its _____ Identity (v. 31-32a)

B. Its _____ Inadequacy (v. 32b)

C. Its _____ Iniquity (v. 33)

D. Its _____ Inefficacy (v. 34)

Worry does not take away tomorrow’s _____
but today’s _____. It is inevitably worse
than the consequences of what we are worrying about.