

## WORRY AND ANXIETY

Matthew Chapter 6.25-33

### CASTING OUR CARES UPON CHRIST

Matthew 6.25-33 // 1 Peter 5.6, 7

**Casting cares:** Peter was a fisherman by trade. The word "casting" is commonly used as a fishing term. Fishermen would use a net that was weighted down in order to trap and capture fish. For us, our anxieties spread over us and weigh us down, trapping and capturing us.

**Worrying is praying to yourself.  
Pray instead to God, and let God do the worrying.**

When we worry, it is a sign of pride. According to **1 Peter 5.6, 7**, we humble ourselves by casting our cares upon Christ. Entrusting Christ with our cares is a sign that we trust that He is indeed in control, not us. It shows that we acknowledge that He is, in fact, the God of our life.

**Worry, fear, sadness, and depression are smoke from the fires  
rising from the altars of idolatry.**  
-Augustine

### MAKING GOD CENTRAL

**At the end of the day, worry is an act of worship.**

Matthew 6.33 // Psalm 37.4, 5 // Philippians 4.4-9

As we make Christ the treasure that we seek, everything that we need is richly provided for us. The evidence of this is found by fixing our eyes on the cross of Jesus Christ.

Romans 8.31, 32 // Isaiah 26.3 // Isaiah 50.2 // Jeremiah 10.23



## NOTES:

### Recommended Resources

**Radical** by David Platt

A great book on living the life of real, radical discipleship. Currently, our Steering Team, Community Group Leaders, and

**The Gospel Transformation Bible**

Published by Crossway, this bible is not *so much* a study bible, but a bible with commentary to help you see the bigger picture of Christ and His Gospel in and through all the Scriptures.

## ARE YOU NEW HERE?

### WELCOME TO LIFE MISSION CHURCH!

We're so glad you joined us today! We'd LOVE for you to **fill out the green Connection Card** on your seat to let us know you were here today. You can drop it in the offering at the end of service or take it to one of our **teammates in a Green Shirt** at the **Connection Booth** outside - we'd love to give you some welcome information.

Feel free to **grab some food or coffee** out in the courtyard and hang out. We hope you'll **join us next Sunday** and consider making us your church family.

### SERVING OPPORTUNITIES

If you've ever taken your child to one of our Kids on Mission classes, or enjoyed a cup of coffee after service, chances are there was a **faithful servant** behind each of those examples. By giving your time and talent on Sundays, you're **an essential part** of helping others meet Jesus, and serving is one of the **most fun & rewarding ways we experience community** with our church family! Fill out a connection card or visit the **Connection Booth** to learn about the serving opportunities available today.

### COMMUNITY GROUPS

The best way to **get connected** in the church is by joining one of our **Community Groups!** You'll **build friendships**, be encouraged, and take the sermon deeper into your heart every week. **Sign up for a Group** on a **Connection Card** or visit the **Connection Booth**. You won't regret it!

### GIVING

**Gospel-centered generosity** should never be fueled by obligation or guilt; it should be motivated by a heart of thankfulness because of the sacrificial love God has already shown us. If you call Life Mission your Home, you can place your gift in the offering baskets at the end of service, give online at [lifemissionchurch.com/blog/give](http://lifemissionchurch.com/blog/give) or mail a check to our PO Box. **Thank you so much for your love & support!**

### KIDS ON MISSION

Our Kids are incredibly important to us! The Kids on Mission ministry has classrooms for **newborns - 6<sup>th</sup> grade** & is passionately overseen by **Audra Napolitano**. Please visit [lifemissionchurch.com/blog/kids](http://lifemissionchurch.com/blog/kids) to read more about the vision and plan we have for our kids, including Pastor Jobey's heart and his walkthrough of our curriculum.

### JUNIOR HIGH & HIGH SCHOOL STUDENTS

Our Junior High students (**7<sup>th</sup> & 8<sup>th</sup> graders**) worship with the adults, and then head to their class for the rest of service. We challenge them to **dig deeper into what they learned on Sunday** throughout the week.

Our **High School students** stay in the adult service because we believe that it is critical for them to not "graduate the faith" when they graduate school. For questions on our student ministries, contact **Casey Barnes** at [hbarnes5@yahoo.com](mailto:hbarnes5@yahoo.com) or **John Hawthorne** at [hawthorne-john@hotmail.com](mailto:hawthorne-john@hotmail.com)

# SAVE.

Jesus was sent to save. We have been saved to be sent. We are sent into our community to share the Good News that Christ came to save us, and we hope to see many who find new life.

# EQUIP.

We want to equip those very people in the Word so that they can continue to grow as disciples of Christ. From our preschool to our adults, our passion is to see everyone equipped in the Gospel to live a life of freedom and joy.

# SEND.

Lastly, we then want to see those equipped people sent into their community and world. From schools and playgrounds, to families and work places, we want to see people who are spiritual leaders in their life, showing people the truth of Christ's Good News.

## CONTACT US:

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[Facebook.com/LifeMissionChurch](https://www.facebook.com/LifeMissionChurch)

Twitter: @YourLifeMission

[YouTube.com/LifeMissionTV](https://www.youtube.com/LifeMissionTV)

## COMMUNITY GROUP HOMEWORK

Read **Matthew 6:25-34**. What stuck out to you the most in these verses or was the most impactful from the message on Sunday? \_\_\_\_\_

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On Sunday, Jobey talked about how worrying is an act of worship. Likewise, he shared a great quote from Augustine that says "Worry, fear, sadness, and depression are smoke from the fires rising from the altars of idolatry." Who are we worshipping and idolizing when we worry? \_\_\_\_\_

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What do you worry about the most and why? Would you say that worrying is a sin that you deal with quite frequently? \_\_\_\_\_

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**Read Psalms 121:1-8**. If you need help, what or where do you go to find it? \_\_\_\_\_

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**Read Matthew 6:30**. What is worry rooted in? What should our lives be rooted in? \_\_\_\_\_

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**Read Romans 8:31-32 and Isaiah 26.3**. How does the having a gospel-centered life help us battle worry? \_\_\_\_\_

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**Read 1 Peter 5:6-7, Philippians 4:4-9 and Psalms 37:4**. How can you repent of worshipping yourself and trust God instead? \_\_\_\_\_

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**Read Psalms 23:4, Revelation 1:5 and Psalms 121:3**. We often worry the most when we are going through a difficult circumstance. What is important to remember as we go through tough times? Who is guiding us, loves us and cares for us? \_\_\_\_\_

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**Psalms 37:4** says that if we delight in the Lord and He will give you the desires of your heart. How do you take off the garment of worry and put on "delighting in the Lord"? \_\_\_\_\_

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Pray as a group asking God that He will be all you need. Remind each other of the Gospel and pray for one another.