

# GREG'S NOTES

## A NEW BEGINNING TEACHING OUTLINES

harvest.org

## HURRIED, WORRIED, BURIED (HOW TO OVERCOME FEAR, WORRY, AND ANXIETY)

### Matthew 6

There is a lot to worry about in our culture today, from the economy, diseases, and terrorists to our own personal worries about things like health and family. Life is just filled with so many worries; how do we overcome fear and worry, and what did Jesus have to say on this topic?

### PRACTICAL PRINCIPLES

1. **The believer should not worry.** Jesus did not say, “Don’t think about things like clothes or food.” He did not say we should not think about them or plan for the future. But he did say we should not worry about them. Don’t have anxiety about the issues of life.
2. **Worry will not make your life longer.** You cannot lengthen your life. So why worry? Psalm 90:9, 12 says, “We spend our years as a tale that is told. Lord teach us to number our days, that we may gain a heart of wisdom” (NKJV).
3. **Instead of worry, put God and His will first in your life.** Jesus says in Matthew 6:33, “But seek first the kingdom of God, and all of these things shall be added to you” (ESV). What does that mean? The Greek translation for first means “first in the line of more than one option.” We must put God in the number one position.

### RELEVANT REMINDERS

- When we seek God and His kingdom first, life will find its proper perspective.
- Your goal should be to honor God in everything that you do.
- Instead of channeling your energies into chasing nothing, chase after God instead. Seek Him and put Him first.

### APPLICABLE ACTIONS

Your family is starting to unravel. You are having friction with your wife or husband. Kids are rebelling. Have you started praying about that? Have you been a godly man or woman? A godly husband? A godly wife? Put the Lord first and watch what happens. The same goes for your business, your finances, your single life, everything you do. Then watch how the Lord will bless you.