

THE ANTIDOTE TO ANXIETY

"This is how you should pray . . . give us today our daily bread"

Matthew 6:11

We begin this year doing a study of The Lord's Prayer as it is recorded in Matthew 6. It provides God's answers to our needs. Today we are examining the section where Jesus gives us three keys in how to overcome worry in one little sentence. The Living Bible paraphrase of Philippians 4:6 says, "Don't worry about anything; pray about everything; tell God your needs."

1. Ask f G A

Matthew 6:11 "Give us today our daily bread"

James 4:2

Numbers 16:32 (GN) "God is the source of all life"

Source of Wisdom Psalm 36:9

Source of Strength Isaiah 48:5

Source of Happiness Psalm 43:4

Source of Hope Romans 15:13

Source of Peace Romans 15:33

Source of Patience Hosea 15:5

Source of Salvation Hebrews 5:9

Source of Encouragement Romans 15:5

2. Remember G R

Matthew 6:11 "Give us today our daily bread"

Philippians 4:19 (Ph)

Matthew 6:32,33 (LB)

Romans 8:31 (LB)

3. Trust G T

Matthew 6:11 "Give us today our daily bread" See also Romans 10:17

Matthew 6:34 (LB)

Psalm 68:19

"If you were asked by your son for bread, would you give him a stone? How much more likely is it that your heavenly Father will give good things to those who ask Him?" Matthew 7:11