

November 3, 2024 THE CURRICULUM "Anxious Generation" Matthew 6:25-34

When _____, hold firmly to ______. • Realize that you are ______. • Observe that God is _______. • Recognize that _______. Believe that you have ______. Put it into practice: 1. ____ 3. _____ puts life in the .

3-2-1 Growth Challenge:

Gather with 3 people Ask each other 2 questions

- 1. What is Jesus saying to you through this passage?
- 2. How do you feel about what he's saying?

Commit to 1 act of obedience

Need more room to add notes? See the back side of this sermon outline. Helpful links: efcc.org/sermons | efcc.org/devos | efcc.org/podcasts

Additional sermon notes	

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November 3, 2024 THE CURRICULUM "Anxious Generation" Matthew 6:25-34 Ryan Paulson, Lead Pastor

When anxiety rises, hold firmly to God's faithfulness.

- Realize that you are dependent.
 Observe that God is dependable.
 - Recognize that **anxiety is unproductive**.
 - Believe that you have immense value.

Put it into practice:

- 1. Put down your phone
- 2. Breathe
- 3. Practice gratitude
- 4. Be gentle with yourself

Kingdom pursuit puts life in the right perspective.