



“Stress Less”
Terms & Conditions Series
Pastor Mark
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*“Be anxious about nothing but to pray about everything, and God will grant us peace.”
Philippians 4:6-7*

“Do not worry” Matthew 6:25 & 31

The key to understanding biblical commands is to remember that every command points beyond itself to the **GOD** who gave it.

Matthew 6:25-34

Jesus tells us 2 important things about God here:

- 1) God is our **FATHER**.
- 2) God has what it takes to **PROVIDE** for us.

This is the pivotal “Terms & Conditions” statement: “WHEN you seek the Kingdom of God above all else, & live righteously, THEN God will give you everything you need.”

When we’re devoted first to God’s Kingdom, we worry a lot **LESS**.

When we’re devoted first to our own kingdoms, we worry a lot **MORE**.

Following Jesus **ISN’T EASY**, but it’s **NOT COMPLICATED**.

How do we apply this?

- Matthew 6:33, “Seek first God’s kingdom and His righteousness, and all these things will be given to you as well.”