



New Mt. Moriah Baptist Church
WOW Bible Study
April 22, 2020
Pastor Mike

2020 Focus: BUILD

Monthly Theme: Surviving a Shutdown

V I S I O N

20  **20**

SEE IT. SAY IT. SEIZE IT.

CALM Down!

Matthew 6:25-34; Philippians 4:6-9

**Tonight's Take-Away: Worry is sure to go
when we our focus is _____ and not _____**

Background to understand the Breakdown: The text opens up by saying, "Therefore I tell you do not worry." vs. 25. As a matter of fact three times in the text Jesus says, "Do not worry". He reminds us that the first step to win against worry is to determine who will be my Master. When I surrender to God as my Master, I have no reason to worry.

Worry: (Anxious)- To be mentally strangled ; to divide the mind

- A. Worry is _____ vs. 26; 28-29
- B. Worry is _____ vs. 27
- C. Worry is _____ vs. 30
- D. Worry is _____ vs. 31-34

Philippians 4:6-9 shows how we can Stay CALM!

1. Celebrate God by _____ Him in all things vs. 4
2. Ask God for help by _____ to Him about everything vs. 6
3. Leave the problem with God and _____ that He can secure your mind against anything vs. 7
4. Meditate or _____ constantly about good things vs. 8

Bible Trivia:

#MMOTM- MT. MORIAH IS ON THE MOVE



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**Tonight's Take-Away: Worry is sure to go
when we our focus is above and not below!**

Background to understand the Breakdown: The text opens up by saying, "Therefore I tell you do not worry." vs. 25. As a matter of fact three times in the text Jesus says, "Do not worry". He reminds us that the first step to win against worry is to determine who will be my Master. When I surrender to God as my Master, I have no reason to worry.

Worry: (Anxious)- To be mentally strangled ; to divide the mind

E. Worry is Unnatural vs. 26; 28-29

F. Worry is Unhelpful vs. 27

G. Worry is Unreasonable vs. 30

H. Worry is Unnecessary vs. 31-34

Philippians 4:6-9 shows how we can Stay CALM!

5. Celebrate God by THANKING Him in all things vs. 4

6. Ask God for help by TALKING to Him about everything vs. 6

7. Leave the problem with God and TRUST that He can secure your mind against anything vs. 7

8. Meditate or THINK constantly about good things vs. 8

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