

**Anxious-less: Principle # 4 Count your blessings.
Matthew 6:25-30.**

Why is our trust in God's ordinary providential care essential to live an anxious-less life?

Trust in God's ordinary providential care is essential because...

- I. It determines the way in which Jesus' followers approach the ordinary areas of their lives in a distinctively Christian way: the question of relevance Matthew 6:25-28.**
 - a. Anxious survival of the lonely fittest: eating, drinking and clothing of the distinctively un-Christian life.
 - b. Anxious-less providential care of God's kingdom-seekers: eating, drinking, and clothing of the distinctively-Christian life (1 Cor. 10:31, Rom 14:3-9).

- II. It reveals that our faith is growing to fully embrace God's provision for the Kingdom's extraordinary: the question of confidence Matthew 6:29-30.**
 - a. A warning to the young, rich, and powerful: the glory of Solomon (1 Kings 10, 11, Ecclesiastes 1,2).
 - b. An encouragement to the growing faith of the disciples "o you of little faith." (cf. Matthew 8:26; 14:31; 16:8. 17:20, Philippians 4:6-7, Psalm 103).

**A grateful spirit that acknowledges God's providential care in the ordinary starves anxiety by depriving it from the attention it needs to grow.
Starve your anxiety with gratitude!**

1. How are you allowing God to be part of your ordinary, everything, and everyday living? A lifestyle of intentional thanksgiving counting God's daily blessings is a powerful antidote against the all-consuming nature of anxiety. Why don't you thank God right now for an ordinary blessing that you have not thanked him in a while?
2. Sometimes we feel anxious and alone because our faith is not being nourished with the life-giving promises of God's word. Is there an area of your life where your faith needs to grow? Why don't you search in Scripture what God says about his providence in this specific area and begin taking him at his word?