

**Anxious-less: Principle # 6 Be Present  
Matthew 6:34.**

**How does Jesus equip his followers to deal with the everyday worries and evils of a fallen world?**

**The sufficiency of God's redemptive and providential plan defeats believer's every day's worries and evils reminding us...**

- I. That God, in his redemptive purposes, has set limits to the evils we experience every day: a refuge for our minds and hearts Matthew 6:34.**
  - a. Anxiety's modus operandi in light of God's redemptive plan- regret of the past- guilt; fears of the future and shame in our present- what is the worst that can happen to you?
  - b. Sufficient for the day is its own trouble – God's limits on evil on a micro and macro-level (1 Cor. 10:12-13, 2 Cor 12:1-10, Rom 8:18-30).
  
- II. To be present so that we may experience the joy of God's sufficient presence, protection and provision: contentment and satisfaction Heb. 13:5.**

**The present is the only place where we can experience God's all sufficient grace through his presence, protection, and provision – Be present to God!**

1. God has promised that when he allows trials and temptations into our lives his goal is for our faith to grow and mature (See 1 Peter 1:3-8, James 1:2-18, Romans 12:21). God wants to overcome the evil in this world by redeeming us and the rest of creation through us. If you are facing fears about the future, guilt from your past or shame in your present, allow the grace of God to replace these with the provision of God's forgiveness and peace. Because the worst-case scenario has already happened and God provided a solution for our deepest fears, we can now begin to experience the freedom that one day will eliminate all worry. Be encouraged!
2. A heart that trusts God and has learned to be content with his presence and provision is essential to God's redemptive purposes. Wherever you are, make sure you are all there to answer God's call to rejoice in him always!