# WELCOME TO HARVEST

6.5-6.21

## Tearing Down Strongholds | Anxiety

**Matthew 6:25-34**

**Big Idea:** When anxiety _____, where I _____ my focus will determine whether I _____ _____ or _____ _____.

Where does my focus tend to go?

1. On my _____. (vv. 25b-26)

2. On my _____. (v. 27)

3. On my _____. (vv. 28-30)

Questions to Regain Focus

1. Am I _____ by my _____? (v. 32a)

2. Am I _____ of who my _____ _____ really is? (v. 32b)

3. Am I giving my _____ to go after the _____? (v. 33)