

**Do you find it easy or hard to trust people?**

**What helps you to trust someone?**

**Who do you trust more than anyone else?**

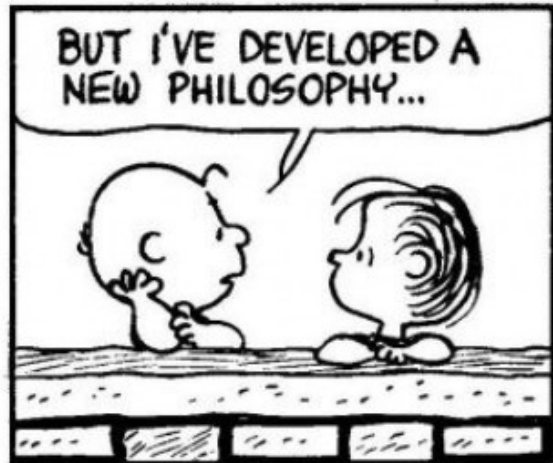
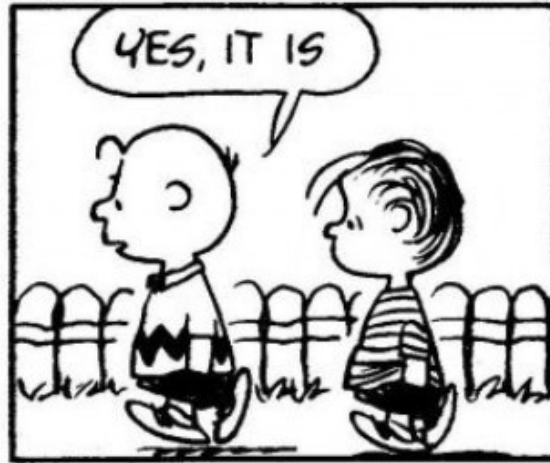
**Are you someone other people find easy to trust?**

**‘Do not store up for yourselves treasures on earth, where moths and vermin destroy, and where thieves break in and steal.**

**But store up for yourselves treasures in heaven, where moths and vermin do not destroy, and where thieves do not break in and steal.’**

**Matthew 6:19-20**

# The Reality which Jesus confronts



‘According to a survey in **2017** by the Royal Society for Public Health, Britons aged 14-24 believe that **Facebook, Instagram, Snapchat and Twitter** have detrimental effects on their wellbeing.

On average, they reported that these social networks gave them extra scope for self-expression and community-building. But they also said that **the platforms exacerbated anxiety and depression, deprived them of sleep, exposed them to bullying and created worries about their body image and “FOMO” (“fear of missing out”)**.

Academic studies have found that these problems tend to be particularly severe among frequent users.’ *The Economist*, May **2018**

**1. The Reality which Jesus confronts**

**2. The Remedy which Jesus reveals**

I GUESS IT'S WRONG  
ALWAYS TO BE WORRYING  
ABOUT TOMORROW



MAYBE WE SHOULD  
THINK ONLY ABOUT  
TODAY...



NO, THAT'S GIVING UP...



I'M STILL HOPING  
THAT YESTERDAY  
WILL GET BETTER



**1. The Reality which Jesus confronts**

**2. The Remedy which Jesus reveals**

**>> God's provision**

**‘So do not worry, saying, “What shall we eat?” or “What shall we drink?” or “What shall we wear?” For the pagans run after all these things, and your heavenly Father knows that you need them.’ v31-32**

**1. The Reality which Jesus confronts**

**2. The Remedy which Jesus reveals**

**>> God's provision**

**3. The Priorities which Jesus points to**

**‘He came to that which was his own, but his own did not receive him. Yet to all who did receive him, to those who believed in his name, he gave the right to become children of God.’ John 1:11-12**

*'seek first his kingdom and his  
righteousness, and all these things will  
be given to you as well' v33*