

## Matt 6:25-34 – Anxiety & Worry

### Introduction

1. Last Week: It is foolish to lay up earthly treasures. Instead lay up heavenly treasures
2. This Week: It is foolish to worry about what is ultimately in the hands of our Sovereign God
3. If we serve God and not money, how do we take care of our basic needs? (**Matthew 6:24b**)

**Central Concept: You do not need to be anxious about anything whether it is your basic needs or the future for it is your Father in Heaven who ultimately serves you. Therefore, as you serve God do not live in fear, but in faith in the Lord who serves His children.**

### Christ's Command: Do Not Worry! Have Faith! (v 25, 30-31, 34)

1. Worry, Anxiety, Stress is Common – it is to have anxious concern based on apprehension about unforeseen danger and misfortune
  - a. We worry about what *May* come or *Might* happen
  - b. This worry is connected to fear (**v 30b**) – *you of little faith...*
    - i. Lack of faith in God is the basis for our anxiety and worry
    - ii. Worry walks by *sight*, not by faith in the Lord
2. *Do not be anxious for anything:* Commanded 3x (**vv 30, 31, 34**)
3. If we are laying up treasures in heaven, there is no need to worry
  - a. Pursuing God, heavenly treasure, & His Kingdom means your faith is in Him, not in the circumstances of life
4. Jesus is not forbidding careful thought about life: Think about life, number your days, ask the Lord for wisdom in your future plans
5. Jesus is forbidding anxious fretting about life, and instead face life in a biblical God-centered way
6. Anxiety is fear, which is the antithesis of faith confidence in God
7. Anxiety & worry choke out life and the Word of God (**Mt 13:7, 22**)
8. Christians are called to run the race by faith in Jesus who authored and perfects your faith (**Hebrews 12:1; see also verse 2**)
9. Today, people are consumed with their basic necessities – these come first, not the Kingdom of God
10. Christians are set free by the Son to be anxious for nothing and faithfully trust the Lord for their needs
11. God gives us the command, and then graciously condescends to us to reason with us for why it is good not to worry

### Christ's Convincing Case Not To Worry (vv 25-34)

1. Jesus gives us three reasons not to worry

#### Argument #1: Food, Clothing, and Your Body (v 25)

2. Jesus begins with the basic necessities of life – The Lord taught the disciple to pray for these – *Give us this day our daily bread*
  - a. The Lord does not want you unconcerned about your needs,

but He commands us not to worry about our needs

3. Clothing was a status symbol in the ancient world; it reflected the class and caste system
  - a. The poor needed clothing (usually only had one cloak)
  - b. God forbade the wealthy from keeping the cloak if it was given as collateral for debt (**Exodus 22:26-27**)
  - c. The wealthy were not to worry about what they would wear
4. Life IS more than food, and the body is more than clothing
  - a. Jesus argues from the greater to the lesser
  - b. Do not worry because your physical existence is more than just physical existence: You are a child of God!
    - i. If God can create your existence, can't He also sustain it?
  - c. God is able and will give you what you need; He gave His Son, won't He give you all you need (**Rom 8:32, Matt 7:11**)

#### Argument #2: Birds, Physical Existence, and Lilies (vv 26-31)

5. Be a bird watched! By instinct, they trust God for food – they are not inactive, but forage for food – they work
  - a. God provides through means; we work to receive provision
  - b. We are not to be lazy or abdicate responsibility to work
  - c. You are greater than the birds, and God will provide for you
  - d. God is sovereign over birds, even birds that perish (**Mt 10**); therefore He is sovereign over you (no need to worry!)
6. Worrying does not lengthen life, it shortens it (**Prov 12:25**)
  - a. How many health issues & drugs are associated with worry?
7. Flowers do not toil or spin, they use the soil, the means by which God has provided to care for them
  - a. Solomon was known for his wardrobe – pales in comparison
  - b. The lily is temporary, but your life is eternal, making you much more valuable
8. Jesus chastises those whom he loves as those with little faith – turn your eyes to Christ and cease from worrying

#### Argument #3, The Alternative - God is your Father in Heaven (vv 32-33)

9. Faith has feet that move *Godward* – Seek God and His Kingdom
10. The pagan unbeliever worries about the basic needs because they do not trust God and do not see past tomorrow
11. Christian, your future is fixed, heaven is your home, your destiny is secure in Christ – why worry?

#### Conclusion: Worry Is Futile and Lacks Commonsense (v 34)

12. Worry wastes time, thought, and energy on what might happen
13. If what you are worried about does not materialize, your worry for nothing, and if it does, you worried about it twice; anxiety then becomes double trouble, negative and destructive
14. Today and all your tomorrows are in God's hands
15. Trust in the Lord, rest in Christ, seek His Kingdom & righteousness and you find out God serves you – He graciously adds to you what you need; His grace is sufficient, love is secure