

Be Anxious for Nothing
Matthew 6:25-34
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What causes you to be anxious?

Matthew 6:25a “Therefore I tell you, do not be anxious about your life”

Types of Anxiety

- 1. Genuine concerns**
- 2. Physiological responses**
- 3. Sinful actions**

Big Idea: Anxiety reveals that we are not trusting, seeking, and relying on God.

I. Trust God’s Character (6:25-30)

6:25 “Therefore I tell you, do not be anxious about your life, what you will eat or what you will drink, nor about your body, what you will put on. Is not life more than food, and the body more than clothing?”

A. God provides

6:26 “Look at the birds of the air: they neither sow nor reap nor gather into barns, and yet your heavenly Father feeds them. Are you not of more value than they?”

B. God sustains

6:27 “And which of you by being anxious can add a single hour to his span of life?”

C. God cares

6:28-30 “And why are you anxious about clothing? Consider the lilies of the field, how they grow: they neither toil nor spin, yet I tell you, even Solomon in all his glory was not arrayed like one of these. But if God so clothes the grass of the field, which today is alive and tomorrow is thrown into the oven, will he not much more clothe you, O you of little faith?”

“If I had not felt certain that every additional trial was ordered by infinite love and mercy, I could not have survived my accumulated sufferings” **Adoniram Judson**, 10 Who Changed the World, Daniel L. Akin

II. Seek First God’s Kingdom and Righteousness (6:31-33)

6:31-33 “Therefore do not be anxious, saying, ‘What shall we eat?’ or ‘What shall we drink?’ or ‘What shall we wear?’” For the Gentiles seek after all these things, and your heavenly Father knows that you need them all. But seek first the kingdom of God and his righteousness, and all these things will be added to you.”

A. Unbelievers seek the world

B. Believers seek God

III. Rely on God for the Future (6:34)

6:34 “Therefore do not be anxious about tomorrow, for tomorrow will be anxious for itself. Sufficient for the day is its own trouble.”

A. God is sovereign over the future

“We walk into the future in God-glorifying confidence, not because the future is known to us but because it is known to God. And that’s all we need to know.” Kevin DeYoung (Just Do Something, Chapter 4)

James 4:13-15 “Come now, you who say, “Today or tomorrow we will go into such and such a town and spend a year there and trade and make a profit”—yet you do not know what tomorrow will bring. What is your life? For you are a mist that appears for a little time and then vanishes. Instead you ought to say, “If the Lord wills, we will live and do this or that.”

B. God is sovereign over our troubles

Philippians 4:6-7 “do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.”

1 Peter 5:6-8 “Humble yourselves, therefore, under the mighty hand of God so that at the proper time he may exalt you, casting all your anxieties on him, because he cares for you. Be sober-minded; be watchful. Your adversary the devil prowls around like a roaring lion, seeking someone to devour.”