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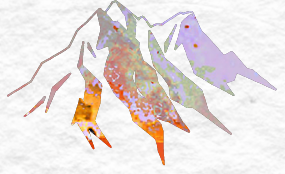
SERMON  
ON THE  
MOUNT

# Rest for the Anxious

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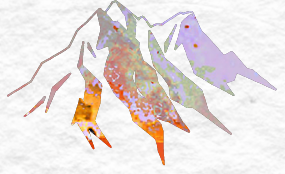


## Matthew 6:24-30 ESV

<sup>24</sup> "No one can serve two masters, for either he will hate the one and love the other, or he will be devoted to the one and despise the other. You cannot serve God and money <sup>25</sup> "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? <sup>26</sup> 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? <sup>27</sup> And which of you by being anxious can add a single hour to his span of life?





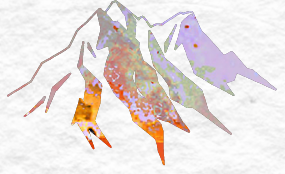


## Matthew 6:24-30 ESV

<sup>28</sup> And why are you anxious about clothing? Consider the lilies of the field, how they grow: they neither toil nor spin, <sup>29</sup> yet I tell you, even Solomon in all his glory was not arrayed like one of these. <sup>30</sup> 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? <sup>31</sup> Therefore do not be anxious, saying, 'What shall we eat?' or 'What shall we drink?' or 'What shall we wear?' <sup>32</sup> For the Gentiles seek after all these things, and your heavenly Father knows that you need them all.







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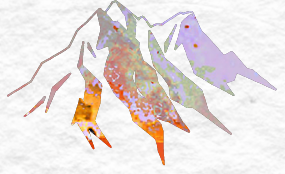
<sup>33</sup> But seek first the kingdom of God and his righteousness, and all these things will be added to you. <sup>34</sup> "Therefore do not be anxious about tomorrow, for tomorrow will be anxious for itself. Sufficient for the day is its own trouble.











# 1. Do Not Be Anxious About Your Life; God Is Your King

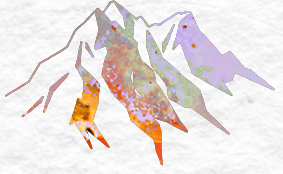
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Matthew 6:24-30

<sup>27</sup> And which of you by being anxious can add a single hour to his span of life? <sup>28</sup> And why are you anxious about clothing? Consider the lilies of the field, how they grow: they neither toil nor spin, <sup>29</sup> yet I tell you, even Solomon in all his glory was not arrayed like one of these. <sup>30</sup> 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?







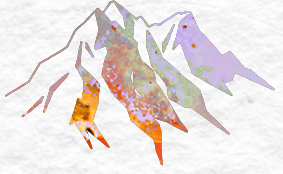
“It seems...that the flowers stand there and make us blush and become our teachers. Thank you, flowers, you, who are to be devoured by the cows! God has exalted you very highly, that you become our masters and teachers!”

**MARTIN LUTHER**





# 2. Do not be anxious about your needs; God is your Father




Matthew 6:31-32

<sup>31</sup> Therefore do not be anxious, saying, 'What shall we eat?' or 'What shall we drink?' or 'What shall we wear?' <sup>32</sup> For the Gentiles seek after all these things, and your heavenly Father knows that you need them all.





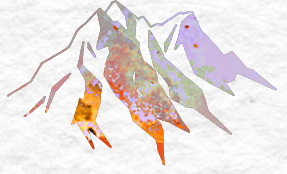


"Worry does not empty tomorrow of its sorrow. It empties today of its strength."

**CORRIE TEN BOOM**





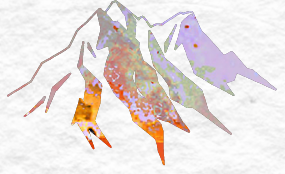


## Isaiah 49:15-16

"Can a woman forget her nursing child, that she should have no compassion on the son of her womb? Even these may forget, yet I will not forget you. <sup>16</sup> Behold, I have engraved you on the palms of my hands





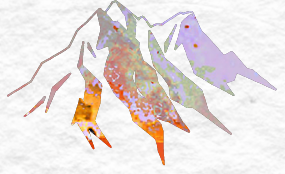


## Psalm 139:17-18

How precious to me are your thoughts, O God! How vast is the sum of them! <sup>18</sup> If I would count them, they are more than the sand.







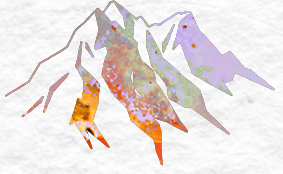
## Philippians 4:4-7

Rejoice in the Lord always, again I will say, Rejoice. <sup>5</sup> Let your reasonableness be known to everyone. The Lord is at hand; <sup>6</sup> do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. <sup>7</sup> And the peace of God, which surpasses all understanding, will guard your hearts & your minds in Christ Jesus.





# 3. Do not be anxious about tomorrow; God is your future




Matthew 6:33-34

<sup>33</sup> But seek first the kingdom of God and his righteousness, and all these things will be added to you. <sup>34</sup> "Therefore do not be anxious about tomorrow, for tomorrow will be anxious for itself. Sufficient for the day is its own trouble.





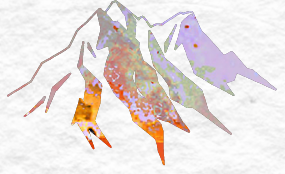


Remember one is given the strength to bear what happens, but not  
the 101 different things that might happen.

**C.S. LEWIS**







## 1 Peter 5:6-7

Humble yourselves, therefore, under the mighty hand of God so that at the proper time he may exalt you, <sup>7</sup> casting all your anxieties on him, because he cares for you.

