Center City Church

The Anatomy of Anxiety // Matthew 6:19-34

1. **Foundational truth vs. fluid advice:** God's Word must be foundational. All other advice (influencers, AI, peers) is fluid and secondary.
2. **Hope vs. help:** Medicine and therapy are God-given help, but we must not let our help become our hope. Jesus is our only true hope.
3. **Sin vs. struggle:** Anxiety can be a volitional sin (choosing to fixate/worry) and a somatic struggle (panic attacks, genetic disposition). The Bible addresses both.

5 Timeless Truths

1. **Anxiety doesn't start with anxiety, it starts with idolatry .**
    - Lie: Anxiety is the primary issue.
    - Your anxiety crisis is first a **worship** crisis. You cannot serve two masters.
    - Matthew 6:25 “Therefore I tell you, do not be anxious about your life…”
2. **Life is more than stuff / materialism.**
    - Lie: Life is found in your finances and your physique.
    - True life is centered on our **Maker**. When you obsess over money and your body, you trade your Maker for matter.
    - Matthew 6:25b 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?
    - 1 Peter 5:6-7 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.
3. **You are not on the throne.**
    - Lie: Worrying gives you control.
    - We try to "dress-rehearse tragedy" thinking it will protect us. But human concern cannot **add** a single hour to your life.
    - Matthews 6:27 And which of you by being anxious can add a single hour to his span of life?
4. **God is in control of our time and our bodies.**
    - Lie: We are in control of our lives and aging.

- Your life is in His **hands**. We are to number our days to get a heart of wisdom.
- Matthew 6:30 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?
- Job 14:5 Since his days are determined, and the number of his months is with you, and you have appointed his limits that he cannot pass…

5. **The antidote for anxiety is to seek first His kingdom and His righteousness.**
    - Lie: Anxiety is nothing OR it is everything.
    - Seeking His kingdom and His righteousness means **seeking** Christ and **serving** the church with the Spirit and with His Church.
    - Matthew 6:33 But seek first the kingdom of God and his righteousness, and all these things will be added to you. 34 “Therefore do not be anxious about tomorrow, for tomorrow will be anxious for itself. Sufficient for the day is its own trouble.
    - Romans 14:17 For the kingdom of God is not a matter of eating and drinking, but of righteousness, peace and joy in the Holy Spirit, 18 because anyone who serves Christ in this way is pleasing to God and receives human approval.