



Anxiety and the Almighty

Matthew 6:25-34



85%

of Gen Z do not feel like their generation has been **set up for success**

75%

of Gen Z feel they **have a disadvantage** compared to other generations

50%

do not feel ready to join **the workforce**

66%

do not feel **financially stable**

85%

are worried about the **future**

Anxiety is real, and there is a Savior and a King named Jesus who desperately wants to see you be **freed** from it.

Main point: verse 25

Example 1 of birds: verses 26-27

Example 2 of lilies: verses 28-30

Summary: verses 31-32

The solution: verse 33

Restating the main point: verse 34

Main Point (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?”

- God **created** everything (Creator)
- God **owns** everything (Lord)
- God **controls** everything (Sovereign)
- God **provides** for everything (Providential)

Example 1 (6:26-27)

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

"Your life is in the hands of your Father. He has designed it. He knows the end of it from the beginning. He plans each step of the way to fulfill his purpose for you and through you. You will have all you need to fulfill that purpose, and when that is accomplished, you will be taken home to be with him. Why worry when he has your life in his hands? Your worry is a sign that you do not adequately know him, or that you do not trust him, or have not yet yielded to him as you ought."

Quote from Sinclair Ferguson

Example 2 (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?”

Anxiety can quickly become sinful if it drives us
away from God and **not toward** Him in faith.

Summary (6:31-32)

"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."

The Solution (6:33)

“But seek first the kingdom of God and his righteousness,
and all these things will be added to you.”

Restating the Main Point (6:34)

"Therefore do not be anxious about tomorrow, for tomorrow will be anxious for itself. Sufficient for the day is its own trouble."

Will I live for God today?

Will I seek His Kingdom first?