

The New Normal
Overcoming the Crippling Effects of Anxiety
Matthew 6:25-34

Jesus – Sermon on the Mount

- ***This is Jesus' teaching on Kingdom living here on earth...***

In Chapter 6 He gives us the Lord's Prayer then teaching on fasting...

Following on the heels of Jesus' teachings on money and His Kingdom's generosity, He takes the next logical step...

→ We can trust serving the Lord because He is true and trustworthy!

Matthew 6:25–34 (ESV)

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? 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? 27 And which of you by being anxious can add a single hour to his span of life? 28 And why are you anxious about clothing? Consider the lilies of the field, how they grow: they neither toil nor spin, 29 yet I tell you, even Solomon in all his glory was not arrayed like one of these. 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? 31 Therefore do not be anxious, saying, 'What shall we eat?' or 'What shall we drink?' or 'What shall we wear?' 32 For the Gentiles seek after all these things, and your heavenly Father knows that you need them all. 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.

The word translated here as "anxious" means,

"To have an anxious concern, based on apprehension about possible danger or misfortune"

But what is ANXIETY?

Anxiety is, "An uneasy apprehension or nervousness about impending or anticipated trouble."

THREE TIMES in this passage Jesus COMMANDS US not to be anxious...

Matthew 6:25 (ESV)

Therefore I tell you, do not be anxious ...

Matthew 6:31 (ESV)

Therefore do not be anxious ...

Matthew 6:34 (ESV)

Therefore do not be anxious ...

We are going to understand what Jesus is saying to us today by looking at the truths in each one of these commands to not be anxious...

We are going to begin with the last one...

1. We live in a TROUBLE-filled WORLD

Matthew 6:34 (ESV)

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

➤ **Healthy CONCERN becomes unhealthy ANXIETY when the “What IF’S” of UNCERTAINTY overcome the “What IS” of REALITY.**

→ **Pic – Reality**



An issue arises that concerns us...

What IS the issue?

What NEEDS to be done?

→ **Pic – Anxiety**



A real danger we have to watch out for when we are battling anxiety and worry is to come to a place of APATHY...

What IF...

→ **Pic – Apathy**



Apathy is nothing more than a culturally acceptable form of giving up...

“Well, there’s nothing I can do about it, so ... whatever...”

➤ **Two other words for APATHY are AVOIDANCE and FANTASY**

John 16:33a (ESV) — I have said these things to you, that in me you may have peace. In the world you will have tribulation...

➤ **Healthy concern becomes unhealthy anxiety when the “What if’s” of uncertainty overcome the “What is” of reality.**

So how do we get back to DEALING WITH REALITY?

1. We live in a TROUBLE-filled WORLD

2. We have the TRUTH-filled WORD

Matthew 6:25–30 (ESV) — 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? 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? 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?

Jesus begins the first of His three commands different that the next two...

Matthew 6:31 (ESV) — Therefore do not be anxious ...

Matthew 6:34 (ESV) — Therefore do not be anxious ...

But this first one begins with a VERY IMPORTANT TRUTH...

Matthew 6:25 (ESV) — Therefore I tell you, do not be anxious ...

Twice in this passage Jesus says, “I tell you...”

When we hear someone make a statement we want to check out the source...

Who said it?

John 14:6 (ESV) — Jesus said to him, “I am the way, and the truth, and the life. No one comes to the Father except through me.”

John 8:32 (ESV) — And you will know the truth, and the truth will set you free.

John 17:17 (ESV) — Sanctify them in the truth; your word is truth.

We can bank on the truth of Jesus’ command for us not to be anxious because He has overcome this world!

John 16:33 (ESV) — I have said these things to you, that in me you may have peace. In the world you will have tribulation. But take heart; I have overcome the world.

In the midst of our troubles in this world we MUST take heart... JESUS HAS OVERCOME THE WORLD!

1. We live in a TROUBLE-filled WORLD

2. We have the **TRUTH-filled WORD**

3. We must live a **TRUST-filled WALK**

Matthew 6:31–33 (ESV) — 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.

When Jesus says that “the Gentiles seek after all these things...” what is He saying?

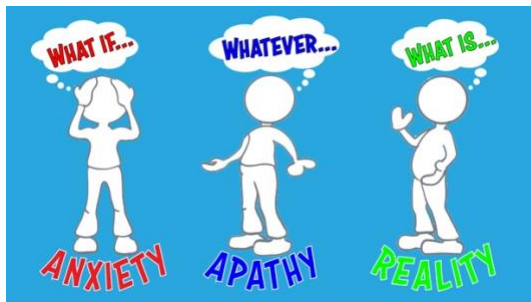
He is saying **THIS IS THE WORLD’S MINDSET!**

But we as believers have a different mindset...

Philippians 4:19 (ESV) — And my God will supply every need of yours according to his riches in glory in Christ Jesus.

So, how do we live a **TRUST-filled WALK** on a daily basis?

→ **Pic - ALL**

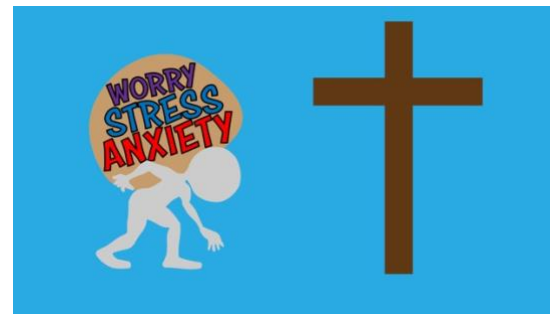


→ **Pic - TAKE**



Matthew 11:28–29 (ESV) — Come to me, all who labor and are heavy laden, and I will give you rest. Take my yoke upon you, and learn from me, for I am gentle and lowly in heart, and you will find rest for your souls.

→ **Pic - TELL**



Philippians 4:6–7 (NLT) — Don’t worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. Then you will experience

God's peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus.

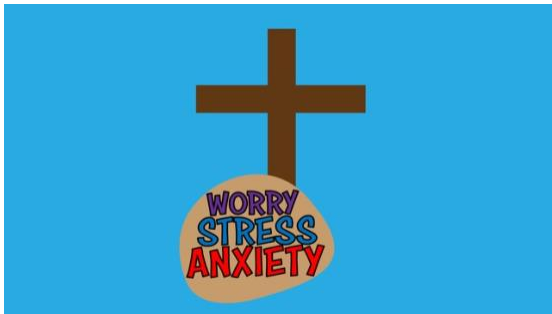
Some of you may be saying, "But Bro. David, I do that and yet anxiety still cripples me... What am I doing wrong?"

Let's go back to our picture...

You are bringing your anxieties, stresses, and worries to the Lord, but...

ARE YOU LEAVING THEM WITH HIM!?!

→ Pic - TRUST



1 Peter 5:6–7 (ESV) — 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.

Proverbs 3:5–6 (ESV) — Trust in the LORD with all your heart, and do not lean on your own understanding. In all

your ways acknowledge him, and he will make straight your paths.

Earlier we focused on how anxiety comes ON us...

Healthy concern becomes unhealthy anxiety when the "What if's" of uncertainty overcome the "What is" of reality.

But the REVERSE is also true...

Unhealthy anxiety becomes healthy concern when the "What IS" of reality overcomes the "What IF'S" of uncertainty.

Matthew 6:34 (ESV) — Therefore do not be anxious about tomorrow, for tomorrow will be anxious for itself. Sufficient for the day is its own trouble.

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1. We live in a _____-filled _____

➤ Healthy _____ becomes unhealthy _____
when the “What _____” of _____ overcome
the “What _____” of _____.

➤ Two other words for _____ are _____
and _____

2. We have the _____-filled _____

3. We must live a _____-filled _____