

Sermon on the Mount

– 10 –

Do Not Worry

- Today Jesus is going to deal with anxiety.
- Most adults deal with some form of anxiety.
- Health, financial, social, traumatic experiences, etc.

Matthew 6:25 (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?

- The command from Jesus is “Do not be anxious about your life”.
- “Therefore” he is connecting us to what he talked about before this; you will have no reason to be anxious.
- If you serve money, you will always be anxious.
- There is more to life than the things you are worried about.

Matthew 6:26 (ESV) 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?

- You are of more value to God than birds
- Birds are taken care of by God
- Your Heavenly FATHER

Matthew 6:27 (ESV) And which of you by being anxious can add a single hour to his span of life?

- Worry shortens your life.

Matthew 6:28-30 (ESV) 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?

- Lilies are wildflowers flowers that show up across the fields in spring.
- Beautiful, variety of colors, lots of them.
- Solomon – ultimate wealth and splendor. Luxury lifestyle. His garments, palace and temple were the most magnificent in Israel’s history.
- The grass which is plain becomes beautiful with flowers.
- “It is thrown into the oven” – life is frail, but God still takes the time to make even frail things beautiful.

Matthew 6:31-33 (ESV) 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.

- The difference between disciples and the world: You know, that God knows your needs. You trust Him to provide.
- Don't let your circumstances dictate your ability to trust God.
- Worry is not just a mental struggle; it is a spiritual issue.
- Worry is a prayer pointer. It points to your need to depend on God and pray.

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.

- The problem with anxiety? We try to solve tomorrow's problems today. Trust that God will provide day by day.
- Look back at His faithfulness.
- Manna from heaven – Exodus 16
- God values you enough to go to a cross for you.

❖ **Pray, read the word, journal.**