

I. Jesus Invites His Followers to Exit Worry (25)

A. Jesus gives us a command - "Therefore I tell you, do not be anxious about your life..."

B. Jesus gives us clarification - "...what you will eat or what you will drink, nor about your body, what you will put on..."

C. Jesus gives us a consideration - "...Is not life more than food, and the body than clothing?"

1. Are there not more lasting things than physical things?
2. Are there not more rewarding things than physical things?
3. Are there not more important things than physical things?

In essence, He is arguing from the greater to the lesser. If he gives the greater gift of life itself, is it not reasonable to believe that He will give the lesser things which sustain that life?

II. Jesus Illustrates the Possibility of Living Worry-Free (26-30a)

A. Think about the birds (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? 27 And which of you by being anxious can add a single hour to his span of life? "

1. Birds have limited ability - "...they sow not, neither do they reap..."
2. Birds have limited foresight - "...nor gather into barns..."
3. Birds are well taken care of - "...your heavenly Father feedeth them..."
4. Birds have limited value - "...are you not much better than they?"

B. Think about the fields (28-30a) - "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...?"

1. There is no anxiety for the fields - "...they toil not, neither do they spin"
2. There is no lack with the fields - "...even Solomon in all his glory was not arrayed like one of these..."
3. There is no favoring of the fields - "...shall He not much more clothe you?"

III. Jesus Connects Freedom from Worry to Growing Faith (30b - 34)

A. Examine your faith (30b) - "...O you of little faith..." Faith is the muscle of the Christian which only grows when stretched.

B. Exercise your faith (31-32) - "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."

C. Exalt your faith (33) - "But seek first the kingdom of God and his righteousness, and all these things will be added to you."

D. Enjoy your faith (34) - "Therefore do not be anxious about tomorrow, for tomorrow will be anxious for itself. Sufficient for the day is its own trouble."