

Sermon on the Mount

Trusting Your Heavenly Father

Matt. 6:25-34

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Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more than food, and the body more than clothes? Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they? Can any one of you by worrying add a single hour to your life? And why do you worry about clothes? See how the flowers of the field grow. They do not labor or spin. Yet I tell you that not even Solomon in all his splendor was dressed like one of these. If that is how God clothes the grass of the field, which is here today and tomorrow is thrown into the fire, will he not much more clothe you—you of little faith?

So do not worry, saying, “What shall we eat?” or “What shall we drink?” or “What shall we wear?” For the pagans run after all these things, and your heavenly Father knows that you need them. But seek first his kingdom and his righteousness, and all these things will be given to you as well. Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.

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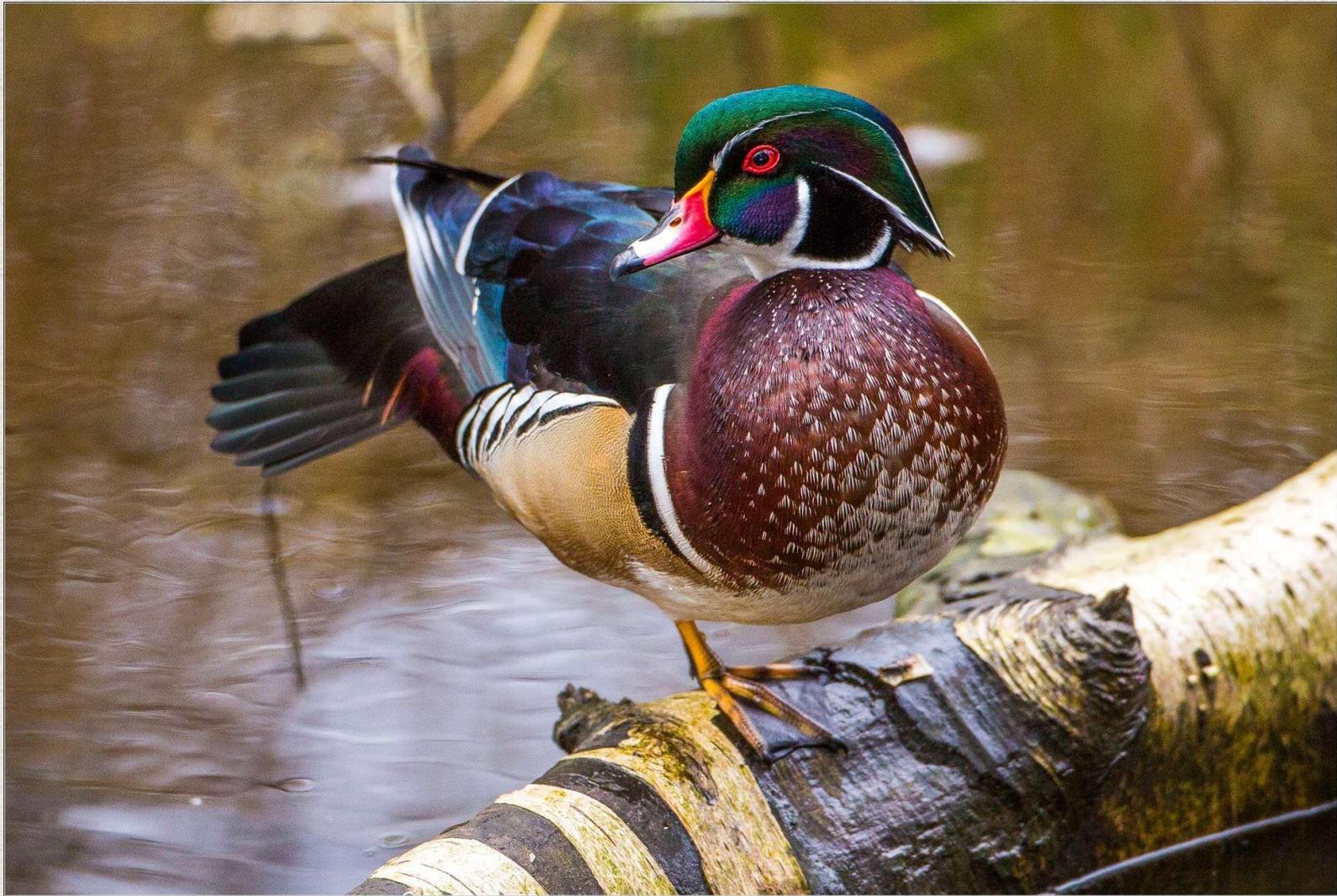
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- **Anxiety wants to keep us out of the present and either drag us back into the past or pull us into the future; ideally pulling the past into the future – leveraging fear along the way.**
- **God knows what we need; He knows that our sin nature makes all of us vulnerable to worry/anxiety; He has provided all the “armor” and “weapons” that we need to fight the anxiety battles.**

Phil. 4:6a

Do not be anxious about anything...

Rom. 5:15-17a

The Spirit you received does not make you slaves, so that you live in fear again; rather, the Spirit you received brought about your adoption to sonship. And by him we cry, “*Abba, Father.*” The Spirit himself testifies with our spirit that we are God’s children. Now if we are children, then we are heirs—heirs of God and co-heirs with Christ...

Phil. 4:6-7

Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

2 Cor. 10:5

We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ.

1 Cor. 2:16

for,

**“Who has known the mind of the Lord
so as to instruct him?”**

But we have the mind of Christ.

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- **PROTECTION:** *God provides protection from fear, worry/anxiety*
 1. *Mind of Christ (Word) – to capture every thought*
 2. *Holy Spirit (w/fruit) – to counsel and lead*
 3. *Spiritual Armor (Eph. 6:11-18) – for spiritual battles*

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- ***How can I encourage others in their anxiety battles?***