

Resting in His Care

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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.*

In the midst of this whirlwind of uncertainty, there can be **hope the and **clarity**. God can use this crisis to deepen our **faith** and our **focus**.**

Rest is a choice. We can't allow the uncertainty to dictate to us how we're going to **respond.**

3 realities that we must conclude:

1. Worry and anxiety is **FUTILE**

*²⁵ "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? ²⁶ 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? ²⁷ **Can any one of you by worrying add a single hour to your life?** **Matthew 6:25 (ESV)***

We can't change what we cannot control. Only **God can!**

³² For the pagans run after all these things, and your heavenly Father knows that you need them.

God's love and care for us is **not theoretical. It is **real!****

2. God is **FAITHFUL**

26 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? 27 Can any one of you by worrying add a single hour to your life? 28 "And why do you worry about clothes? See how the flowers of the field grow. They do not labor or spin. 29 Yet I tell you that not even Solomon in all his splendor was dressed like one of these. 30 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?

God cares for that which He created. God has built within His creation the means by which all things are cared for. The cure for anxiety is dependence on God.

3. We are called to **FOCUS**

Focus means there is something to reject and something to resolve.

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

Worrying about tomorrow doesn't help tomorrow or today. It throws us into a parenthesis of misery.

*33 But seek first the kingdom of God and his righteousness, and all these things will be added to you. **Matthew 6:33 (ESV)***

The primary focus of our lives must be the kingdom of God and His righteousness.

3 Great Words to Hold On To:

FAITH – trusting God to meet our needs

FATHER – knowing God, Our Father, cares for His children

FIRST – putting God and His purposes first in our lives so that in all things, He may be glorified.