

Different On Purpose: Kingdom Calm In Chaos Matthew 6:25-34

Passage

Matthew 6:25-34 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? 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. "Therefore do not be anxious about tomorrow, for tomorrow will be anxious for itself. Sufficient for the day is its own trouble.

Worry Is Incompatible With Kingdom Living

Assertion

- Therefore I tell you, do not be anxious about your life..." Jesus draws a line: Kingdom citizens live differently with regard to anxiety.

Possible Objection

- Isn't worry just part of being responsible? If I don't worry about my finances, my family, my future... who will? Isn't worry just what responsible adults do?

- 1 Peter 5:7 casting all your anxieties on him, because he cares for you.

- When a specific worry surfaces, immediately convert it into a prayer of surrender:

- Why It Matters: When worry takes control, we live as though God isn't in control.

Our Value to God Guarantees His Care

Assertion

- Jesus gives two illustrations, and then He says: "Are you not of more value than they?"

Possible Objection

- If God values me, why do I still struggle? If I'm so valuable to God, why is life still hard? Why do I still face lack, stress, and uncertainty?

- Psalm 34:10 The young lions suffer want and hunger; but those who seek the Lord lack no good thing.

Application

- Choose one truth about God's care and intentionally repeat it when anxiety rises.

- Why It Matters: If God cares for the birds and flowers, we can trust that He will care for His children.

Worry Is Both Useless And Unbelieving

Assertion

- “Which of you by being anxious can add a single hour to his span of life?” Worry doesn’t work. It doesn’t solve problems; it multiplies them.

Possible Objection

- But I can’t just turn worry off; anxiety isn’t a switch I can flip. It just happens.
- Proverbs 12:25 Anxiety in a man’s heart weighs him down, but a good word makes him glad.
- When we catch ourselves spiraling in worry, pause and ask:
 - “Is this thought producing trust—or just tension?”
 - “Is this actually solving anything?”
- Why It Matters: Worry spends today’s strength on problems that may never happen tomorrow.

Worry Is The Mark Of Those Outside The Kingdom

Assertion

- “For the Gentiles seek after all these things...” Jesus draws a contrast: the world chases security, and the Kingdom rests in a Father.

Possible Objection

- But shouldn’t I care about the same things as everyone else? I still need food, money, stability; how am I supposed to be different?
- 1 John 3:1 See what kind of love the Father has given to us, that we should be called children of God; and so we are. The reason why the world does not know us is that it did not know him.

Application

- When anxiety hits, verbally reframe your identity:
 - Not: “I have to figure this out.”
 - But: “My Father knows what I need.”
- Why It Matters: Anxiety makes us live like orphans when Jesus has given us a Father.

The Antidote To Anxiety Is Kingdom Priority

Assertion

- “But seek first the kingdom of God and his righteousness...” Jesus doesn’t just say stop worrying. He gives a replacement: Reorder our lives around God’s rule and God’s righteousness.

Possible Objection

- What if I focus on God and everything falls apart? That sounds spiritual, but what if I prioritize God and neglect real-life responsibilities?

- Philippians 3:7-8 But whatever gain I had, I counted as loss for the sake of Christ. Indeed, I count everything as loss because of the surpassing worth of knowing Christ Jesus my Lord. For his sake I have suffered the loss of all things and count them as rubbish, in order that I may gain Christ

Application

- Start our day by prioritizing God before everything else.
- Why It Matters: Peace comes when God becomes first, not when everything else falls into place.

God Gives Grace For Today, Not Tomorrow

Assertion

- “Do not be anxious about tomorrow...”

Possible Objection

- But I have to think about the future. Isn't it irresponsible not to think ahead?
- Lamentations 3:22-23 The steadfast love of the Lord never ceases; his mercies never come to an end; they are new every morning; great is your faithfulness.

Application

- Limit our focus to today's assignment
- Why It Matters: God gives us grace for today's trouble, so don't carry tomorrow's trouble today.

Conclusion

- What are we carrying right now... that God never asked us to carry?”