



SERMON ON THE MOUNT

“Jesus’ Antidote for Anxiety”
Matthew 6:25-34

²⁵“For this reason I say to you, do not be worried about your life, as to what you will eat or what you will drink; nor for your body, as to what you will put on. Is not life more than food, and the body more than clothing? ²⁶Look at the birds of the air, that they do not sow, nor reap nor gather into barns, and yet your heavenly Father feeds them. Are you not worth much more than they? ²⁷And which of you by worrying can add a single cubit to his life span?

Matthew 6:25-34

²⁸And why are you worried about clothing? Observe how the lilies of the field grow; they do not toil nor do they spin, ²⁹yet I say to you that not even Solomon in all his glory clothed himself like one of these. ³⁰But if God so clothes the grass of the field, which is alive today and tomorrow is thrown into the furnace, will He not much more clothe you? You of little faith! ³¹Do not worry then, saying, ‘What will we eat?’ or ‘What will we drink?’ or ‘What will we wear for clothing?’

Matthew 6:25-34

³²For all these things the Gentiles eagerly seek; for your heavenly Father knows that you need all these things. ³³But seek first His kingdom and His righteousness, and all these things will be added to you.³⁴“So do not worry about tomorrow; for tomorrow will worry about itself. Each day has enough trouble of its own.

Matthew 6:25-34

Introduction

A. The presence of anxiety in our lives is a clear indicator that we are still in the process of being sanctified.

B. Anxiety or worry is a symptom of deep spiritual sickness. It's one thing to know that, but another thing altogether to be able to cure our anxiety.

C. In our text this morning Jesus teaches us the antidote for anxiety.

Introduction

D. In verses 19-24 Jesus has encouraged us to lay up for ourselves treasures in heaven and not on earth. He has told us money and the enticements of this world must NOT be our priorities.

Introduction

E. “Focusing on heavenly treasures (vv. 19-21), being characterized by generosity (vv. 22-23), and refusing to allow materialism to compete with one’s devotion to God (v. 24) should free disciples from many of their anxieties. Failure to view riches and possessions from a proper perspective only promotes anxiety”
(Chuck Quarles).

Introduction

F. Anxiety and worry can be emotionally paralyzing. They are thieves that rob us of joy, peace, sleep, health, and so many other things.

G. Jesus commands us three times “do not worry” (vv. 25, 31, 34) and gives us three reasons we should not be anxious.

Introduction

H. Big Idea: Do not worry, not even about necessities, but trust in God for He is faithful.

I. We Have a Good Master (6:25)

25“For this reason I say to you, do not be worried about your life, as to what you will eat or what you will drink; nor for your body, as to what you will put on. Is not life more than food, and the body more than clothing?

Matthew 6:25

I. We Have a Good Master (6:25)

A. “For this reason” or “therefore” points us back to verse 24. The Christian’s only Master is God. Jesus is saying: “Because God is your Master, I say to you, do not be worried.”

B. Jesus is telling us to stop being worried about what we will eat, drink, and wear. Our Master will provide these necessities for us according to His will. (Psalm 23:1)

I. We Have a Good Master (6:25)

C. “Worry is the sin of distrusting the promise and providence of God, and yet it is a sin that Christians commit perhaps more frequently than any other. The English term worry comes from an old German word meaning to strangle, or choke. That is exactly what worry does; it is a kind of mental and emotional strangulation, which probably causes more mental and physical afflictions than any other single cause” (John MacArthur).

I. We Have a Good Master (6:25)

D. Nothing in our lives, internal or external, justifies our worrying when we have the Master we do.

E. Our contentment as Christians is found in God, and only in God.

F. Our Master owns everything. He controls everything. He provides everything we need.

I. We Have a Good Master (6:25)

G. “Is not life more than food, and the body more than clothing?” Jesus is emphasizing God’s power by pointing out that if God is the Creator and capable of giving us life, then surely He can sustain our lives by providing what we need.

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II. We Have a Loving Father (6:26-30)

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Matthew 6:26-30

II. We Have a Loving Father (6:26-30)

- A. Jesus uses an illustration specifically related to food, pointing out how God takes care of the birds.**
- B. Birds don't plant crops, harvest, or store them. Nevertheless they are fed and cared for not by "their" heavenly Father but by "your heavenly Father."**

II. We Have a Loving Father (6:26-30)

- C. "Are you not worth much more than they?"**
The implied answer is "of course you are."
- D. "Jesus' followers have a relationship with God that is unique. If God met the needs even of an unclean bird, surely He will meet the needs of His own children" (Chuck Quarles).**

II. We Have a Loving Father (6:26-30)

E. 6:27. The point of Jesus' question is clear. You can worry yourself to death, but not to life. Worry is pointless and serves no positive purpose.

F. Jesus is teaching us that God is Lord over human life. A person's survival depends on divine sovereignty, not human anxiety.

II. We Have a Loving Father (6:26-30)

G. 6:28-30. Jesus uses flowers in the field as His next illustration to address worrying about clothing.

H. It's important for us to remember that the people in Jesus' day did everything from scratch. Daily bread. Drawing water from a well. Lighting a fire to cook. Making their own clothes.

II. We Have a Loving Father (6:26-30)

I. The need to clothe a family could cause anxiety. Wool had to be sheared from the sheep, combed to remove the tangles, individual strands spun into thread and then woven into fabric on a loom, pounded by a mallet to soften it and make it watertight, and then dyed. This process took time.

II. We Have a Loving Father (6:26-30)

J. Jesus reminds His disciples that the flowers do not toil or spin. God clothes the grass of the field. And if your heavenly Father clothes the grass of the field, will He not much more clothe you?

K. In verse 18 Jesus asks “why are you worried?” He now answers His own question in verse 30 by describing His disciples as “you of little faith.”

II. We Have a Loving Father (6:26-30)

L. Worry is ultimately prompted by faith that is too small. Unbelief is the root of our anxiety and worry.

M. “Worry assumes that God is ignorant of His peoples’ needs, lacks the power to meet their needs, or does not care enough about them to meet their needs. Worry is an expression of doubt in God’s knowledge, strength, or compassion” (Chuck Quarles).

II. We Have a Loving Father (6:26-30)

N. Christian, you have a loving heavenly Father. He has the power to meet our needs, He cares for us, and He knows what we need. He’s got you and me, brother and sister, in His hands.

III. We Have a Righteous King (6:31-34)

³¹Do not worry then, saying, ‘What will we eat?’ or ‘What will we drink?’ or ‘What will we wear for clothing?’ ³²For all these things the Gentiles eagerly seek; for your heavenly Father knows that you need all these things.

³³But seek first His kingdom and His righteousness, and all these things will be added to you.³⁴“So do not worry about tomorrow; for tomorrow will worry about itself. Each day has enough trouble of its own.

Matthew 6:31-34

III. We Have a Righteous King (6:31-34)

A. There is no need for any of us to worry.
Worrying never solved a problem, never dried a tear, never lifted a burden, never removed an obstacle. Worrying never made bad things good or good things better.

B. Everyone, even unbelievers, eagerly seek for food, drink, and clothing. These are necessities we all need.

III. We Have a Righteous King (6:31-34)

C. Jesus reminds His disciples that “your heavenly Father knows that you need all these things.”

D. Unbelievers need these things, seek these things, and live for these things. They live with tension, anxiety, and worry.

E. Unbelievers need a heavenly Father to love them and care for them. Unbeliever, repent and believe the gospel.

III. We Have a Righteous King (6:31-34)

F. What's a believer to do with tension, anxiety, and worry? Jesus says: “But seek first His kingdom and His righteousness, and all these things will be added to you” (Matthew 6:33).

G. We are to devote ourselves, strive for, desire the kingdom of God and His righteousness. These are to be our highest priorities.

III. We Have a Righteous King (6:31-34)

H. Christian, recognize you have a righteous King who loves you, knows you, and provides for you.

I. Christian, you are to seek the kingdom constantly and continually. In other words, submit to God's sovereignty here and now. Obey God's will and seek to advance God's kingdom on earth by being transformed into His likeness and by performing good works.

III. We Have a Righteous King (6:31-34)

J. 6:34. "So do not worry about tomorrow." We have a righteous King who is more than able to provide all that we need to live and fulfill the mission He has given us.

Conclusion

A. The great battles of the Christian life are fought in our minds and between our ears.

**B. Jesus' antidote for anxiety is for His disciples to have their minds renewed as they study and submit to the teaching of Scripture.
(Romans 12:2)**

Conclusion

C. We need to stand on the promises of Christ our King. Our God is a good Master, a loving Father, and a righteous King. We can trust Him.

D. Unbeliever, the only antidote for your anxiety is for you to turn to the living God. Repent and believe the gospel.

The gospel is the good news that the just and gracious God of the universe looked upon hopelessly sinful people and sent His only Son, Jesus Christ, God in human flesh, to bear His wrath against sin on the cross and to show His power over sin in the resurrection so that everyone who turns from their sin (repentance) and believes in Him (faith) will be reconciled to God forever.