

Sermon on the Mount Sermon Series—May 24, 2020

“Do not be anxious—Part 2”—Matthew 6:25-34

#3—Do not be anxious because anxiety is counterproductive:

Matthew 6:27- “And which of you by being anxious can add a single hour to his span of life?”

- **Jesus’ point here:** When we worry, we forget that God controls all life
- **Just as it is counterproductive to think we can**
 - Store up treasure in heaven and on earth at the same time
 - Take in through our eyes both light and darkness at the same time
 - Serve two masters at the same time
- **It is counterproductive to think** that worrying (being torn in two) will be beneficial for life
- **You are no doubt aware of the idiom “worried to death”**
 - **Dr. Charles Mayo, of the famous Mayo Clinic, wrote, “Worry affects the circulation, the heart, the glands and the whole nervous system. I have never met a man or known a man to die of overwork, but I have known a lot who died of worry.”**
- **Man has always been searching** for ways to lengthen life
 - Physicals—to check for things that are not normal
 - Exercise & diet—to stem premature death due to bodily neglect
- **God’s knows our days**
 - **Psalms 139:16- “Your eyes saw my unformed substance; in your book were written, every one of them, the days that were formed for me, when as yet there were none of them.”**
 - **Job 14:1-2, & 5— “Man who is born of a woman is few of days and full of trouble. 2 He comes out like a flower and withers; he flees like a shadow and continues not. 5 Since his days are determined, and the number of his months is with you, and you have appointed his limits that he cannot pass,”**
 - **Job 12:10- “In his hand is the life of every living thing and the breath of all mankind.”**

#4—Do not be anxious because you are God’s eternal child:

Matthew 6:28-30— “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?”

- **Jesus’ point here:** When we worry, we overlook the fact that we are eternal beings
- **Lilies of the field**
 - They do not pick their color, shape, size, or existence
 - It is God that adorns them with brilliant color, astonishing detail, & vibrant life
 - Not even Solomon in all his glory was displayed like one of these
 - **2 Chronicles 1:11-12— “God answered Solomon, “Because this was in your heart, and you have not asked possessions, wealth, honor, or the life of those who hate you, and have not even asked long life, but have asked wisdom and knowledge for yourself that you may govern my people over whom I have made you king, 12 wisdom and knowledge are granted to you. I will also give you riches, possessions, and honor, such as none of the kings had who were before you, and none after you shall have the like.””**
- **Grass of the field**
 - Alive today... dead tomorrow... thrown into an oven for fuel
 - God even supplies the ground with a blanket of green grass
- **“How much more clothe you, O you of little faith”**
 - Don’t doubt God’s provision with needless worry... TRUST HIM!

- “‘Little faith’ is not a little fault; for it greatly wrongs the Lord, and sadly grieves the fretful mind. To think the Lord who clothes the lilies will leave his own children naked is shameful. O little faith, learn better manners!” (C. Spurgeon)
- **Transition from the physical to the spiritual**
 - 2 Corinthians 5:21- “For our sake he made him to be sin who knew no sin, so that in him we might become the righteousness of God.”
 - Isaiah 61:10- “I will greatly rejoice in the Lord; my soul shall exult in my God, for he has clothed me with the garments of salvation; he has covered me with the robe of righteousness,”
- John 17:1-3— “Father, the hour has come; glorify your Son that the Son may glorify you, 2 since you have given him authority over all flesh, to give eternal life to all whom you have given him. 3 And this is eternal life, that they know you the only true God, and Jesus Christ whom you have sent.”

#5—Do not be anxious because anxiety is of this world:

Matthew 6:31-32a— “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...”

- **Jesus’ point here:** When we worry, we are no different than the world around us
- **“Therefore do not be anxious”**—because we are God’s eternal children
- We should handle things differently than the rest of the world
- God wants us to know the freedom that comes from not fretting over these basic things of life... eating... drinking... clothing—this is what the unbelieving world does
- The world’s hope (people devoid of God) is in what they can enjoy right now
 - **We are born again to a living hope**—1 Peter 1:3-5— “Blessed be the God and Father of our Lord Jesus Christ! According to his great mercy, he has caused us to be born again to a living hope through the resurrection of Jesus Christ from the dead, 4 to an inheritance that is imperishable, undefiled, and unfading, kept in heaven for you, 5 who by God’s power are being guarded through faith for a salvation ready to be revealed in the last time.”
- That hope is held captive by a beast called anxiety which robs them of seeing anything beyond the present moment
 - **We know peace when we cease worrying altogether**— Philippians 4:6-7— “do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. 7 And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.”