



OVERCOMING ANXIETY

PART 3

Aug 16, 2020

Matthew 6:19-34 (ESV)

¹⁹“Do not lay up for yourselves treasures on earth, where moth and rust destroy and where thieves break in and steal, ²⁰but lay up for yourselves treasures in heaven, where neither moth nor rust destroys and where thieves do not break in and steal. ²¹For where your treasure is, there your heart will be also.

²²“The eye is the lamp of the body. So, if your eye is healthy, your whole body will be full of light, ²³but if your eye is bad, your whole body will be full of darkness. If then the light in you is darkness, how great is the darkness!

²⁴“No one can serve two masters, for either he will hate the one and love the other, or he will be devoted to the one and despise the other. You cannot serve God and money.

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? ²⁶Look 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? ²⁷And which of you by being anxious can add a single hour to his span of life? ²⁸And why are you anxious about clothing? Consider the lilies of the field, how they grow: they neither toil nor spin, ²⁹yet I tell you, even Solomon in all his glory was not arrayed like one of these. ³⁰But 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? ³¹Therefore do not be anxious, saying, ‘What shall we eat?’ or ‘What shall we drink?’ or ‘What shall we wear?’ ³²For the Gentiles seek after all these things, and your heavenly Father knows that you need them all. ³³But 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.

Introduction

Jesus Thesis:

Your anxiety about material needs will be cured when you redirect your ambitions *from* obsessing about them *to* obsessing about living for Christ

- Jesus assumes that all human beings are wired for ambition
- Anxiety is caused by misplaced ambition
- Anxiety is cured when we redirect our ambitions to God’s kingdom and righteousness

3 Reasons Why We Should Follow What Jesus Says

1. Redirect your ambitions because a Christian does not live like a pagan.

Matthew 6:31-32

2. Redirect your ambitions because the Father knows what you need.

Matthew 6:32

3. Redirect your ambitions because the Father will provide for your needs as you seek his kingdom above all things.

Matthew 6:33

Practical Questions

What is the supreme ambition of my life?

When I am faced with difficulties do I react like a secular person or like a Christian?

Do I strive to see my Christian faith worked out in every area of life?

Three Ambitions We Need to Redirect

1. Be ambitious in life.

“Expect great things from God, attempt great things for God.” (William Carey)

“We need an ambition that won’t rest until more people are reached, more churches planted, more marriages helped, more art created, more enterprises started, more disciples made . . . so desire great things. Dream big dreams. Get out there and get to work.” (Dave Harvey)

2. Be ambitious for your family.

3. Be ambitious for Christ’s church at Central.