



OVERCOMING ANXIETY

PART 2

Aug 9, 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

1. Your anxiety will be cured when you redirect your attention from your physical needs to the greater purposes of life.

Matthew 6:25

2. Your anxiety will be cured when you redirect your attention from your need for food to the Father's faithful provision.

Matthew 6:26

3. Your anxiety will be cured when you redirect your attention from your fear of the future to God's providential plan for your life.

Matthew 6:27

4. Your anxiety will be cured when you redirect your attention from your worry over bare necessities to God's extravagant generosity.

Matthew 6:28-30

“Every worry is a vote of no-confidence in God.” (Helmut Thielecke)

5. Your anxiety will be cured when you redirect your attention from future worries that paralyze the present to trusting God's grace for today.

Matthew 6:34

“We know the sight and sound of homes collapsing in flames...Our own eyes have seen the red blaze and our own ears have heard the sound of crashing, falling, and shrieking. Nevertheless I think we must stop and listen when this man, whose life on earth was anything but birdlike and lilylike, points us to the carefreeness of the birds and lilies. Were not the somber shadows of the Cross already looming over this hour of the Sermon on the Mount?” (Helmut Thielecke)