

## **Matthew 6:25-32**

### **“Anxiety”**

#### **Introduction**

- *“Worry never robs tomorrow of its sorrow, it only saps today of its joy.”*  
Leo Buscagli
- *“To fear or not to fear”* that is the question. There are many texts that indicate that we should fear certain things and certain circumstances. There are other text that tell us to “fear not.”

**Matthew 10:28** “And do not fear those who kill the body, but are unable to kill the soul; but rather **fear Him who is able to destroy both soul and body in hell.**”

**Hebrews 10:31** “It is **a terrifying thing** to fall into the hands of the living God.”

**Philippians 4:6-7** “Be **anxious** for nothing, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God which surpasses all comprehension, shall guard your hearts and your minds in Christ Jesus.”

**1 Timothy 5:20** “Those who continue in sin, rebuke in the presence of all, so that the rest also **may be fearful of sinning.**”

- It might be helpful to think in terms of two concepts.
  - **Fear** – a careful response to a specific incident or encounter.
  - **Anxiety** – A general disposition of feeling of insecurity.
- Anxiety has friends
  - **Self-pity**
  - **Anger**
  - **Manipulation**
  - **Complaining**

**Luke 10 (Mary and Martha)** “<sup>40</sup> But Martha was distracted with all her preparations; and she came up to Him, and said, “Lord, do You not care that my sister has left me to do all the serving alone? Then tell her to help me.” <sup>41</sup> But the Lord answered and said to her, “Martha, Martha, you are **worried (anxious)** and bothered about so many things; <sup>42</sup> but only a few things are necessary, really only one, for Mary has chosen the good part, which shall not be taken away from her.””

**Mark 4 (The parable of the Soils)** “<sup>18</sup> And others are the ones on whom seed was sown among the thorns; these are the ones who have heard the word, <sup>19</sup> and the **worries (anxieties)** of the world, and the deceitfulness of riches, and the desires for other things enter in and choke the word, and it becomes unfruitful.”

#### **Text**

“<sup>25</sup> For this reason I say to you, do not be anxious for your life, {as to} what you shall eat, or what you shall drink; nor for your body, {as to} what you shall put on. Is not life more than food, and the body than clothing? <sup>26</sup> Look at the birds of the air, that they do not sow, neither do they reap, nor gather into barns, and {yet} your heavenly Father feeds them. Are you not worth much more than they? <sup>27</sup> And which of you by being anxious

can add a {single} cubit to his life's span? <sup>28</sup> And why are you anxious about clothing? Observe how the lilies of the field grow; they do not toil nor do they spin, <sup>29</sup> yet I say to you that even Solomon in all his glory did not clothe himself like one of these. <sup>30</sup> But if God so arrays the grass of the field, which is {alive} today and tomorrow is thrown into the furnace, {will He} not much more {do so for} you, O men of little faith? <sup>31</sup> Do not be anxious then, saying, 'What shall we eat?' or 'What shall we drink?' or 'With what shall we clothe ourselves?' <sup>32</sup> For all these things the Gentiles eagerly seek; for your heavenly Father knows that you need all these things."

1. **Spiritual strongholds** involve **fear** and **anxiety**.

Present	Past	Future
Stumble / Addiction	Guilt / Shame	Fear / Anxiety
Acts 26:18	Rev.12:10	Heb.2:14-15
Rom.6:2	Rom.8:1	1 Jon.4:18

Each area is addressed at the Cross, where Grace and Peace are experienced by the believer and faith, hope, and love are expressed by the believer in the world.

2. The Greek word translated "anxious" can mean "care" in a positive sense or "anxious" in a negative sense. It comes from a concept, which means "division" or "portion". The idea is one of inner conflict."

**How are we to view our worldly needs?**

1. God knows we have material needs.
2. We can be too concerned with seeking and securing these things.
3. We are called to faith, hope, and love not anxiety, and insecurity.
4. Our diligent effort may be a part of God's plan for our provision.

**How are we to distinguish "just concern" from "faithless anxiety?"**

1. Does it lead to thankfulness and worship?
2. Does it encourage creativity, hope, and energy?
3. Does it inspire a positive or negative vision?
4. What do I pray for?

**We are to embrace work without worry.**

1. **Work** – trusting God to provide through honest effort.
2. **Worry** – energy and creativity sidelined for lack of faith.

**2 Thessalonians 3** "10 For even when we were with you, we used to give you this order: if anyone will not work, neither let him eat. 11 For we hear that some among you are leading an undisciplined life, doing no work at all, but acting like busybodies. 12 Now such persons we command and exhort in the Lord Jesus Christ to work in quiet fashion and eat their own bread."

**What can I do about anxiety?**

**Conviction** – self audit (Be open to acknowledge anxiety as a problem when it shows itself.)

**Correction** – repentance (Be prepared to replace anxiety with faith.)

**Confidence** – faith (Trust yourself to God's care and providence.)

**Creativity** – responsibility (Role up your sleeves, be creative, and go to work.)

**Celebration** – thankfulness (Thank God for the opportunity to trust him.)

Said the robin to the sparrow;  
“I should really like to know  
Why these anxious human beings  
Rush about and worry so.”

Said the sparrow to the robin:  
“Friend, I think that it must be  
They have no vision of a Father,  
Such as cares for you and me.”