

Matthew 24 – Anxiety

Matthew 6:25-34

Fallen Condition Focus (FCF): Anxieties can be off base, at other times they can be tied to very legitimate concerns, either way they eat away at us and pull us away our source of true strength, Jesus.

Point 1 Do not be anxious for your life and body (Matthew 6:25-29)

- We will see this list repeated throughout the text
 - Life – associated with food, eating and drinking
 - Body – associated with clothes, what they wear
- 5 rhetorical questions – rhetorical because each answer should be obvious, each disarms anxiety
- (1) **Matthew 6:25** Is not life more than food, and the body more than clothing?
- (2) **Matthew 6:26** Look 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?
- (3) **Matthew 6:27** And which of you by being anxious can add a single hour to his span of life?
- (4) **Matthew 6:28** And why are you anxious about clothing?
- (5) **Matthew 6:30** 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?

Point 2 Do Not Be Anxious Like the Gentiles

- Two things to notice:
 - First: We are not to be anxious like those who have no hope – Gentiles don't know God
 - Second thing: God knows you need food and clothing

Point 3 Do not be anxious, but instead seek God's Kingdom

- Seek first
 - Primary focus must be upon God's kingdom
 - It is ok to seek earthly blessings, but they must take a back seat to pursuing God
- Kingdom of God and his righteousness
 - Rule of God in our own lives
 - Rule of God in our culture
 - Rule of God in others
 - First and foremost seeking the kingdom begins with seeking the king

Point 4 Do not be anxious about tomorrow

- Trust in God and live in today
- Don't spend your time fretting and worrying about what is yet to come
- Jesus doesn't teach them to think positively so they won't worry
 - Not about finding strength inside of yourself
 - We lay aside our worries, not because our needs will be met
 - Focus upon the character of God, and his glory and His pleasure become the most important things.