

Matthew 6:25-34: 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, & the body more than clothing?

²⁶ Look at the birds of the air: they neither sow nor reap nor gather into barns, & yet your heavenly Father feeds them. Are you not of more value than they? ²⁷ & which of you by being anxious can add a single hour to his span of life? ²⁸ & 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 & tomorrow is thrown into the oven, will he not much more clothe you, O you of little faith? ³¹ 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, & your heavenly Father knows that you need them all. ³³ But seek first the kingdom of God & his righteousness, & 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.

Intro: Last week the focus was on not laying up for yourselves treasures on earth, where moth and rust destroy and where thieves break in and steal, but you were encouraged to lay up for yourselves treasures in heaven, where neither moth nor rust destroys and where thieves do not break in and steal.

We focused on having a heart for God, treasuring God, & delighting in God above all else & serving Him alone!

One reason many people fail to obey these commands is because they are anxious about the future. Their anxiety leads them to store up treasures on earth, give their hearts to the love of money, and serve money instead of God.

Today's sermon will explain how to better live out last weeks sermon and words of Jesus! Don't be anxious & how

1. Do Not Be Anxious About Your Life

a. What is anxiety? Dictionary: Concern, distress, fear, or worry respecting some future event or uncertain event, which disturbs the mind and keeps it in a state of painful uneasiness. It usually springs from fear or serious apprehension of evil, and involves a suspense respecting an event, and often, a perplexity of mind concerning how we should act. (I don't know what I'm going to do! How will I get through this? How will I survive!)

Anxiety is the fear of suffering. **Elisabeth Elliot:** Suffering is having what you don't want or wanting what you don't have.

Anxiety is the fear of having what you don't want to have. Or anxiety is the fear of not getting what you want.

b. Do not be anxious about eating, drinking, and clothing: Jesus commands: **Verse 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, & the body more than clothing?

Kenneth Wuest: God commands us to "Stop perpetually worrying about even one thing." We commit sin when we worry. We do not trust God when we worry. We do not receive answers to prayer when we worry, because we are not trusting. **GOSPEL!**

Wrong Interpretations: D. A. Carson: This does mean we can be careless, apathetic, indifferent, lazy, or self-indulgent! "The point is not to worry about the physical necessities, let alone the luxuries implied in the preceding verses, because such fretting suggests that our entire existence focuses on and is limited to such things."

We are to care about providing for our families; Proverbs teaches us to plan and save and be wise about the future; **2 Corinthians 11:28:** there is the daily pressure on me of my anxiety for all the churches.

Worry is sinful when it causes you to disobey God; when it causes you to store up treasures on earth; when it preoccupies your mind; when you fail to take your anxieties to the Lord and trust in Him. Ask Him about it!

People in Jesus' day were worried about having food to eat, water to drink, & clothes to wear.

We may not have these worries today, but we have other worries and fears: How will I pay the bills?; Will I get over this sickness?; How will I get this work done?; Will I always be alone?; Will I have children?; How can I keep living in this hard marriage?; How will I go on while experiencing such pain?; How am I going to have this hard conversation?; How will I face telling this person the truth?; How will I go on if I lose this person?; What if my children never trust in Christ?; Will life turn out the way I wanted?; Will I be all that God wants me to be?

c. Jesus gives us reasons not to worry: Life is more than food and the body is more than clothing: God has given you life & life is more important than food. So don't be anxious: God will provide you food as well! God has given you a body & your body is more important than clothes: God will provide you clothes as well!

Charles Quarles: Worry underestimates the power of God to provide!

- **Hebrews 13:5-6:** Keep your life free from love of money, and be content with what you have, for he has said, "I will never leave you nor forsake you." ⁶ So we can confidently say, "The Lord is my helper; I will not fear; what can man do to me?"

- **Luke 10:41-42:** But the Lord answered her, "Martha, Martha, you are anxious and troubled about many things, but one thing is necessary. Mary has chosen the good portion, which will not be taken away from her."

d. The birds of the air illustration: Verses 26-27: Look at the birds of the air: they neither sow nor reap nor gather into barns, & yet your heavenly Father feeds them. Are you not of more value than they? ²⁷ & which of you by being anxious can add a single hour to his span of life?

If your heavenly Father takes care of little birds that are of very little value in comparison to you (made in God's image!), and these birds don't worry and fret and store up in barns – yet the Father takes care of them. Then how much more will He take care of you!

Charles Quarles: Worry underestimates God's care for his children! (God reigns! All days written! All things ordained!)

Verse 27: Which of you by being anxious can add a single hour to his span of life?
Or which of you by being anxious can add a single cubit to his stature?

The point is the same: you can't! Only God can do those things! Your life is in the hands of God! It's true, worry & anxiety doesn't help! It's a waste of time and energy! But Sinclair Ferguson argues Jesus' point is more profound.

Ferguson: Your life is in the hands of your Father. He has designed it. He knows the end of it from the beginning. He plans each step of the way to fulfill his purpose for you and through you. You will have all you need to fulfill that purpose, and when that is accomplished, you will be taken home to be with him. Why worry when he has your life in his hands? Your worry is a sign that you do not adequately know him, or that you do not trust him, or have not yet yielded to him as you ought. It is only when we want to take our lives out of the Father's and have them under our own control that we find ourselves gripped with anxiety. The secret of freedom from anxiety is freedom from ourselves and abandonment of our own plans. But that spirit emerges in our lives only when our minds are filled with the knowledge that our Father can be trusted implicitly to supply everything we need.

e. The lilies of the field illustration: Verses 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 & tomorrow is thrown into the oven, will he not much more clothe you, O you of little faith?

Lilies don't toil or spin to make themselves clothes so that they look beautiful. Yet they are more beautiful than

Solomon in all his glory! God made the lilies in all their beauty, and He will take care of you because you are more precious to Him than lilies! The lilies are here today and gone tomorrow! Have faith! Trust in your Father!

D. A. Carson: The root of anxiety is unbelief.

f. The Gentiles seek after these things: Verses 31-32: 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, & your heavenly Father knows that you need them all.

God will provide! Trust Him! Don't be anxious and pursue these things like those who don't know God!

g. Your Heavenly Father knows what you need: God knows better than you what you need and when you need it and how you need it! God is always on time!

Charles Quarles: Worry underestimates God's knowledge of our situation.

Song: God's love takes good care of me! God's love takes good care of me! When the rain comes and the wind blows and the storm is all I see! I'll be safe for God's love takes care of me!

Romans 8:32: He who did not spare his own Son but gave him up for us all, how will he not also with him graciously give us all things?

2. Seek First The Kingdom Of God And His Righteousness

a. But seek first the kingdom of God & His righteousness: Jesus' disciples are not only commanded not to be anxious, but positively they are supposed to pursue the kingdom of God and His righteousness! They are to make God & His Kingdom & His righteousness the number one priority in their lives!

D. A. Carson: To seek first the kingdom is to desire above all to enter into, submit to, and participate in spreading the news of the saving reign of God, the messianic kingdom already inaugurated by Jesus, and to live so as to store up treasures in heaven in the prospect of the kingdom's consummation. It is to pursue the things already prayed for in the first three petitions of the Lord's Prayer . . . Such goals alone are worthy of one's wholehearted allegiance. For any other concern to dominate one's mind is to stoop to pagan fretting. (Stott) "In the end, just as there are only two kinds of piety, the self-centered and the God-centered, so there are only two kinds of ambition: one can be ambitious either for oneself or for God. There is no third alternative".

Church; Bible; Prayer; Personal Growth; Evangelism; Discipleship; Missions; Fathers/Parents – lead the family!

b. The Father will provide for you: Verse 33: And all these things will be added to you.

God will provide all the food, drink, and clothing you need to accomplish the mission He has called you to, and then He will take you home to Himself! **Luke 21:16-18:** You will be delivered up even by parents and brothers and relatives and friends, and some of you they will put to death.¹⁷ You will be hated by all for my name's sake.¹⁸ But not a hair of your head will perish.

Ferguson: All we need, he will provide. He has never failed one of his children. Many of these things we thought we needed we now discover we did not really need, and do not now want. At last in place of anxiety, we have found contentment.

c. Final exhortation not to be anxious: Verse 34: Therefore do not be anxious about tomorrow, for tomorrow will be anxious for itself. Sufficient for the day is its own trouble.

Charles Quarles: Worry results from focusing on the future rather than the present!

Corrie Ten Boom (helped many Jews escape): “Daddy,” she had said one day, “I am afraid that I will never be strong enough to be a martyr for Jesus Christ.” “Tell me,” her father wisely responded, “when you take a train trip from Haarlem to Amsterdam, when do I give you the money for the ticket? Three weeks before?” “No, Daddy, you give me the money for the ticket just before we get on the train.” “That is right,” he replied, “& so it is with God’s strength. Our wise Father in heaven knows when you are going to need things too. Today you do not need the strength to be a martyr. But as soon as you are called upon for the honor of facing death for Jesus, He will supply the strength you need—just in time.” “I took great comfort in my father’s advice,” Corrie told her audience. “Later I had to suffer for Jesus in a [Nazi] concentration camp. He indeed gave me all the courage and power I needed.”

- **When you’re tempted to worry about tomorrow: 1 Peter 5:6-7:** Humble yourselves, therefore, under the mighty hand of God so that at the proper time he may exalt you, ⁷ casting all your anxieties on him, because he cares for you.

- **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.

Jesus was perfectly anxious that we might be free from all anxieties forever someday: Matthew 26:38-39:

Then he said to them, "My soul is very sorrowful (overwhelmed with sorrow, overwhelmed with sorrow), even to death; remain here, and watch with me." ³⁹ And going a little farther he fell on his face and prayed, saying, "My Father, if it be possible, let this cup pass from me; nevertheless, not as I will, but as you will."

And this was not because He had little faith, but because He had strong, perfect, pristine faith!

He was given no drink (I thirst!) so that we might be filled with living water!

The Gentiles did seek after His clothes, and they cast lots for them. His clothes were stripped off, & He was crucified naked so that we might be clothed with robes of everlasting righteousness!

The body is more than clothing, but His body was treated worse than His own clothing because His body was beaten, ridiculed, spit upon, sliced open, and left so badly destroyed that you could not even recognize Jesus was a human being: **Isaiah 52:14:** His appearance was so marred, beyond human semblance, and His form beyond that of the children of mankind

He is the only one Who perfectly and perpetually sought first the kingdom of God & His righteousness, & yet all the curses of God that we deserve were added to Him on that cross! **But He rose!**

Christ Jesus Took Our Anxious Care
Though He Provides For All As Heir
Hot Wrath The Father Would Not Spare
Christ Died And Took Our Greatest Care
And Not One Ounce Of Curse He'd Share
But Quenched It All Our Sins He'd Bare
Then Rose Alive So We Could Wear
His Robes Of Righteousness With Flair
Our Father Knows And Is Aware
Of Every Need So Don't Despair
But Trust And Look To Him In Prayer
Seek First His Kingdom Everywhere
All Things He'll Add To You Declare
Don't Worry For Your Life's Welfare
For With His Love None Can Compare!