

The Sermon on the Mount

"Do not be anxious"

Matthew 6:25–34 (ESV) — 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? **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? **27** And which of you by being anxious can add a single hour to his span of life? **28** 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 and 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, and your heavenly Father knows that you need them all. **33** But 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.

The Worldview

Happiness Is The Natural State For All Human Beings, and If You’re Not Happy, You’re Defective

Anxiety: a feeling of worry, nervousness, or unease, typically about an imminent event or something with an uncertain outcome.

Luke 10:40–41 (ESV) — 40 But Martha was distracted with much serving. And she went up to him and said, “Lord, do you not care that my sister has left me to serve alone? Tell her then to help me.” **41** But the Lord answered her, “Martha, Martha, you are anxious and troubled about many things,

Anxiety causes us to lose sleep

Ecclesiastes 8:16 (ESV) — 16 When I applied my heart to know wisdom, and to see the business that is done on earth, how neither day nor night do one’s eyes see sleep,

Psalms 127:2 (ESV) — 2 It is in vain that you rise up early and go late to rest, eating the bread of anxious toil; for he gives to his beloved sleep.

Anxiety separates us from God and His Word

Matthew 13:22 (ESV) — 22 As for what was sown among thorns, this is the one who hears the word, but the cares of the world and the deceitfulness of riches choke the word, and it proves unfruitful.

32 For the Gentiles seek after all these things, and your heavenly Father knows that you need them all. 33 But 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.

Philippians 4:6 (ESV) — 6 do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God.

1 Peter 5:6–7 (ESV) — 6 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.

PPP

Pause

Practice “Foursquare breathing”

Pray

Pray a simple prayer, such as “Dear Jesus, Son of God, have mercy upon me, a sinner.”

Participate

Be present - get back to the task at hand.

John 16:33 (ESV) — 33 I have said these things to you, that in me you may have peace. In the world you will have tribulation. But take heart; I have overcome the world.”

Notes:
