

BE NOT ANXIOUS

Matt. 6:25-34 (NASB)

INTRODUCTION:

- A. In current Corona Virus crisis
- B. Anxiety is a major problem in our society all time, but especially during the present crisis
 - 1. From "anxieties.com" A person who suffers from generalized anxiety tends to worry about big and little issues and feels uncomfortable physical symptoms throughout most of the day
 - 2. Anxiety disorders as a whole cost the United States billions of dollars a year in direct and indirect healthcare costs,
 - 3. In time of social distancing people are understandably concerned but many it seems are overly concerned to the point of social phobias
- B. We are not to be anxious for things of tomorrow. We worry too much about what we are going to do. We worry too much about things over which we have no control
- C. Anxious or anxiety means "to have a distracting care for, to draw in different directions, distraction, hence signifies that which causes this, a care, especially an anxious care."
(Vine's Expository Dictionary)
- D. Matt 6:25-29 (NASB)
- E. Matt 6:30-34 (NASB)

DISCUSSION:

I. THIS KIND OF ANXIETY INDICATES A LACK OF TRUST IN GOD'S PROVIDENCE

- A. God takes care of nature: birds, lilies, etc Matt 6:26-30
- B. He promised, He will take care of us 1Pet 5:7 (NAS95)
 - 1. This does not mean that we are not to work, etc
 - 2. Nor does it mean that we are not to have "normal" concern for situations in life
- C. Abraham was told, "fear not" Gen 15:1
- D. One aspect of our faith is trusting in God Phil 4:4-7; Rom 8:37-39
- E. Make it our aim to seek spiritual things Matt 6:19-21,33; Col 3:1,2

II. TOO MUCH ANXIETY CAN SHORTEN LIFE

- A. Acute worry or anxiety can curtail the functions of the mind and body
- B. Many mental breakdowns come because of uncertainty. Because of chronic worrying
- C. Sometimes hinders our work for the Lord, and thereby shortens spiritual life Lk 9:57-62
- D. Christian's life to be used in Lord's service 1Cor 6:19,20

- E. Place our trust in God who will provide Psa 55:22; 68:19; Rom 8:31,32; Phil 4:13
- F. This does not mean we are to show no concern at all, but that we do what we can then trust God (When Paul was in the storm, he did not tell them to sit down and do nothing Acts 27:14-44)

III. ANXIETY A MARK OF PEOPLE IN WORLD, AND SHOULD NOT BE FOUND IN GOD'S CHILDREN

- A. Material goods are of a transitory nature Matt 6:31,32.
- B. Must be able to see beyond this life to that which is Eternal: Examples: Abraham Heb 11:8-10; Moses Heb. 11:24-27
- C. Time will eventually take its toll on things of this world 1Jhn 2:15-17
- D. Keep our thoughts and actions on a nobler plane Phil 4:8,9
- E. Our life, work, & labor today is the secret of contentment Matt 6:34

IV. BE NOT ANXIOUS SEEK HIS KINGDOM FIRST Matt 6:33

- A. Jesus said we are to love our enemies Lk 6:27,28
- B. We can hurt ourselves by hating others 1Jhn 2:9-11
- C. Happiness comes from within, knowing you are striving lawfully for that which is eternal Col 3:1,2; Phil 4:13
- D. Each one has his own burdens and heartaches Gal 6:2-5; Jas 1:2-4
- E. Jesus will help bear these burdens
 - 1. However, we must allow Him to Matt 11:28-30.
 - 2. He will not force his help on us
 - 3. Song: "What A Friend We Have In Jesus" (# 69)

CONCLUSION:

- A. The entrance into safety and contentment is in Jesus the Christ Gal 3:26-27
- B. He stands at the door of your heart and knocks, will you not let Him in? Rev 3:20
- C. Obey God; cast your care on Him and be rid of anxieties. Doesn't mean you will have no concerns, but you will have all the help you need with those concerns
- D. 1Pet 5:7 casting all your anxiety on Him, because He cares for you. (NAS95)

(Revised from a sermon by Jim Sasser)