

## Eliminating Anxiety (Matthew 6:25-34)

Jesus supplies the encouragement you need to overcome the paralysis of anxiety. Anxiety is unhealthy preoccupation with what lies outside of your control. Anxiety also is the result of assuming control over more than God intended for you to control. Anxiety remains fixated on “tomorrow” while ignoring the responsibilities of today and the reality of eternity. It is lukewarm middle ground that exchanges daily responsibility for concern over irrelevant “problems.” Or, it obsesses over the past and attempts to right all wrongs that carry no bearing on today’s effectiveness. Instead of making a difference where a difference can be made, it wrings its hands and wonders what happened to the “good old days.” It manifests in introspection, victimization, laziness, and being a busybody. Anxiety completely ignores the God of the Bible, refuses to become vulnerable in engaging with others, rejoices not, nor gives thanks. And Jesus says to stop it. Even today. “Amid the uncertainties of modern life anxiety seems to be almost a normal response. But it should have no place in the life of a believer. The Lord Jesus commands us to stop being anxious. God will providentially care for His people” (Custer).

**Main Point:** Stop worrying and trust God.

### Eliminate anxiety concerning your needs - Put on your "God provides" glasses (26-30)

1. **Life is bigger than your basic needs!** [Anxiety narrows your focus to the material. You will miss out on life]
2. **Observe your surroundings** [God feeds birds. Birds do not plan for being fed. God declares you to be more important than birds (contrasts with save animals and not humans). God feeds those who are important]
3. **Think rationally** [You cannot even add a small amount of time to your life through worry]
4. **Observe your surroundings** [God clothes flowers. Flowers do not plan for being clothed. God clothes flowers with greater majesty than the greatest king. Flowers get destroyed in a day. God clothes those who are important]
5. **Anxiety concerning your needs reveals a lack of faith**

### Eliminate anxiety concerning your needs - Put on your "that's what pagans do" glasses (31-33)

1. **Be different from the world** (You get opportunities to make disciples!)
2. **Anxiety concerning your needs reveals a lack of faith**
3. **Elevate God's priorities to eliminate anxiety concerning your needs** ["If the believer makes God supreme in his life, the rest will fall into place" (Custer).]

### Eliminate anxiety concerning the future - Put on your "what can I do right now that pleases God" glasses (34)

1. **Anxiety concerning the future doubles your care** [You might not be in the future and the future will carry on without you. What a waste to worry about something that God did not even want you to be a part of! Anxiety about the future is a form of pride (cf. James 4:13-17)]
2. **Focus on today's challenges** [Once you meet all obligations for today, handle every crisis with calm sanctification of perfect trust, take every opportunity to serve God and others, resolve every relational conflict, crucify every self-centered desire, refrain from feeding the flesh, worship God with complete and selfless devotion, hold ambition for rotting treasures, maybe then you can start worrying about tomorrow.]

The **root** of anxiety is unbelief (30c, 32b)

The **result** of anxiety is distraction from God's priorities (33)

The **remedy** for anxiety is faith (30, 33)

1. Faith observes creation and concludes God cares (26-30)
2. Faith refuses pagan pursuits (32a)
3. Faith accepts the Father's full knowledge (32b)
4. Faith focuses on kingdom priorities (33)
5. Faith leaves the future to God (34a) [He is already there - you're not]
6. Faith diligently engages the pursuit of present challenges (34b)