

Title: Do not be Anxious!
Scripture: Matthew 6:25-34
Series: Topical

1. Introduction –

- a. Beloved, we are living in unprecedented times in which a worldwide pandemic has upset the normalcy of everyday life.
 - b. In the midst of all the uncertainty, we have seen a rise of anxiousness in our society unparalleled in modern history.
 - i. This anxiousness has manifested itself in a multitude of ways:
 1. We have become so fixated on survival that we have become rather selfish.
 2. We have seen fighting, anger, hoarding, and general mistrust become commonplace.
 - c. This type of anxiousness shows us what the bible so clearly teaches. A world that rejects God is a hopeless world. The behavior we are witnessing is a direct result of this hopelessness.
 - i. Apart from Christ, man is nothing.
 - d. This being said, how is the Christian supposed to behave in this situation? Can the Christian behave as the world is behaving or are we called to a higher moral calling?
 - e. Our passage for consideration prohibits anxiousness in the Christian and at the same time teaches us how to overcome this terrible sin.
2. Verse 25A – The Imperative – “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.
- a. The first thing to consider is that, based on His authority as our Lord, Jesus commands all Christians against anxiousness. He emphatically states, “Therefore I tell you, do not be anxious...”
 - i. Anxiousness as a Christian is not permissible. In fact, anxiousness is disobedience for we have been instructed against it.
 1. We know that anxiousness over the frivolous is a sign of spiritual weakness but here the Lord goes beyond the frivolous. He forbids anxiousness over the necessities (food, drink, and clothing). He forbids anxiousness in regards to those things that are needful for this life!

2. Why is this? Because to be anxious is to lose faith, to lose sight of God. Anxiousness calls into question the goodness of God for His people.
3. Was it not Christ that beckoned us to daily prayer for our necessities? Was it not Christ that taught us to rest on the goodness of a loving Father?
 - a. **Matthew 6:11** Give us this day our daily bread,
 - b. Beloved we remember the sin of Israel as they became anxious and complained. What terrible consequences did the Israelite endure!
Anxiousness will never produce godliness!
3. Verse 25B – Rhetorical Question – Is not life more than food, and the body more than clothing?
 - a. The purpose of the question is to get the believer to think about what they should already know. It is for the believer to stop thinking carnally and see the greater purpose destined by God for His people.
 - b. Essentially, we are asked to consider, “What is the purpose of life?” This is a great question for us to ponder during these difficult times that our world is facing.
 - i. What is the objective of my life? What am I living for?
 - ii. Am I here to simply exist; to take care of the basic necessities or does my life have a greater purpose.
 - iii. Westminster Shorter Catechism – What is the chief end of man? In other words, we are asked what is the meaning of our life?
 1. Answer – Man’s chief end is to glorify God...
 2. **Romans 11:36** For from him and through him and to him are all things. To him be glory forever. Amen.
 3. **1 Corinthians 6:20** for you were bought with a price. So glorify God in your body.
 4. **1 Corinthians 10:31** So, whether you eat or drink, or whatever you do, do all to the glory of God.
 - iv. So what is the purpose of your life? How we react to what is happening in this world will be a sure indicator to what degree we trust in God and not give in to anxiousness.
4. Verse 26 – First Example w/Question (Food) – 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?

- a. Anxiousness over food (the basics for sustaining life) is strictly prohibited by our Lord. Our Lord brings us to consider the Father's love for the believer as the reason for which anxiousness should never be present in our hearts.
 - b. We are asked to look at nature; to look at the birds.
 - i. ...**they neither sow nor reap nor gather into barns, and yet your heavenly Father feeds them** –
 - 1. The fact that birds do not plan, work, or hoard is a common knowledge. They are unconcerned for the future and yet according to Jesus they are taken care of.
 - 2. The Father feeds them. Think about it beloved. The father's love and mercy extends to the animal kingdom. The Father feeds all the birds (all the animals) on a daily basis. The piece of bread you dropped, the bug, the seeds that are planted, and millions of other occurrences are attributed to the love of the Father in sovereignly providing for the birds. What incredible and diligent care The Father demonstrates.
 - 3. Yet, according to Jesus our Lord, every believer is of infinite more value than all the birds. If God demonstrates such incredible care for the birds, then we should be ashamed to doubt His goodness by being anxious about our needs.
5. Verse 27 – Second Example Question (Life) – And which of you by being anxious can add a single hour to his span of life?
- a. Anxiousness over our lives is also strictly prohibited. To allow our minds to wonder about what will become of us is to lose a grasp on the Lord Himself. As if God will be ever caught by surprise in regards to the things that catch us by surprise.
 - b. Simply put Beloved, we are too small and unable to know and handle what is to come. I should not even try. We must rely on Him that is sovereignly over our head.
 - i. **Romans 8:28** And we know that for those who love God all things work together for good, for those who are called according to his purpose.
 - c. According to Jesus, anxiousness about life cannot help us in the least. Anxiousness cannot add **a single hour to our span of life**. Not even the briefness of an hour can be gained by anxiousness.

- i. On the contrary, anxiousness robs us of time. It robs us of valuable time that could have been invested into the kingdom of God. It robs us of time that can never be regained.

- 6. Verse 28-30 – Third Example w/Question (Clothing/Shelter) – 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?
 - a. Anxiousness about clothing/shelter is also prohibited. Anxiousness about how we will shelter ourselves and cover ourselves in the future robs of our hold on God.
 - b. For our consideration, Jesus turns our attention to the beauty of the lily flower. What beauty we find in the flowers of this world. What incredible and majestic colors, fragrances, and designs are interwoven by our maker in the unbelievable variety of flowers.
 - i. Flowers, like the birds, do not work for their beauty.
 - ii. According to Jesus, the most sovereign man ever to have lived was never as majestic and beautiful as a single lily. What care and attention to beauty our Lord visits on this world by providing such a dazzling display for man to behold.
 - iii. More incredibly is the fact that God so meticulously clothes each flower with such beauty only so that they can stand but a very short time. Each flower has an incredibly small lifespan. Its purpose is to declare the glory of God but for a brief moment of time.
 - iv. If God takes such care to clothe the lilies of the field, then we must conclude that he will do considerably more for us. We are His children. His fatherly hearts loves us with an unmatched love.
 - v. According to the omniscient knowledge of Jesus, to worry about our clothing/shelter is to demonstrate **little faith**. Such anxiousness is worthy of rebuke for it denies the very love of God for us. It looks at God and states, “You are not enough for me. You cannot or will not meet my needs?”
 - 1. Such blasphemy is terrible.

7. Verse 31 – Imperative Repeated for Emphasis – Therefore do not be anxious, saying, ‘What shall we eat?’ or ‘What shall we drink?’ or ‘What shall we wear?’
- a. God the Son repeats Himself here. He will do so one more time before our passage is over.
 - i. Think about a command that is repeated three times in a same passage. What weight should such a command carry? How serious is the speaker to repeat Himself so many times?
 - ii. In light of the consideration of God’s care for the birds, the uselessness of worrying about the future, and God’s care for the lilies, we are instructed (commanded) not to worry. The same God that sovereignly upholds nature will, with much more tenderness and love, uphold His little ones.
8. Verse 32 – A Negative Example – For the Gentiles seek after all these things, and your heavenly Father knows that you need them all.
- a. Beloved, in this verse, Jesus teaches his disciples by way of a negative example. The word gentile here is to refer to those people that lived outside of covenant with God. In other words, the word refers to those that are unbelievers. It is the unbeliever, without hope in the Son of God or God’s promised eternal future state, that is overcome by anxiousness.
 - i. The unbeliever worries and is frantic in regards to food, life, and clothing.
 - ii. The believer must not act as an unbeliever in the area of trust. The believer must not look like the anxious unbeliever.
 - iii. Jesus reminds the believer that he is in relationship with God. God is our Father and he knows that we are needful of food, life, and clothing. He will provide.
 1. **Matthew 7:11** If you then, who are evil, know how to give good gifts to your children, how much more will your Father who is in heaven give good things to those who ask him!
 - iv. Beloved, let us not be like the unbelieving world. Let us not run to and fro without an inkling of hope. Instead beloved, let us look to our Father of mercy!
9. Verse 33 – Alternative to Anxiousness – But seek first the kingdom of God and his righteousness, and all these things will be added to you.

- a. Instead of acting like the unbeliever; instead of being anxious, we are to seek first the kingdom of God and seek God's righteousness.
 - i. The verb “**seek**” implies a being absorbed in the search for something; a persevering and strenuous effort to obtain something
 - ii. We are to be involved in promoting the kingdom of God and not trying to secure our own. We remember the Lord's Prayer. Jesus teaches us, by way of example, that we are to be concerned with God and His glory.
 - 1. **Matthew 6:9-10** Pray then like this: “Our Father in heaven, hallowed be your name. (10) Your kingdom come, your will be done, on earth as it is in heaven.
 - 2. This is our concern. His will, His kingdom are the things that motivate us!
 - iii. We are to seek the righteousness of the perfect God and not our own righteousness.

10. Verse 34 – Imperative repeated for the third time (The future is out of our hands) – “Therefore do not be anxious about tomorrow, for tomorrow will be anxious for itself. Sufficient for the day is its own trouble.

- a. Becoming anxious for tomorrow is always wrong. Hence Jesus repeats Himself yet again.
- b. The only right way to provide for tomorrow without at the same time being anxious is to take care that today the admonition of the prior verse Mat_6:33 (“But seek first his kingdom and his righteousness”) is obeyed.
- c. Today has been given to us. On this day, therefore, we should, out of gratitude, do what God demands of us.
- d. We are reminding that each day brings its own set of difficulties and God will meet us every day with Grace.
 - i. God is our daily provision – **Lamentations 3:22-23** The steadfast love of the LORD never ceases; his mercies never come to an end; (23) they are new every morning; great is your faithfulness.

11. A final Word – Beloved, I ask you to examine your heart in prayer. I ask you to consider how you have lived, what example you have given in the last few weeks. Ask yourself, “Am I anxious? Have I lost trust in God?”

- a. Beloved, if you have been anxious or are currently anxious, will you not seek the forgiveness of God. Will you not confess this sin?

- b. In the time that it takes for this pandemic to dissipate, let us seek first the Kingdom of God and His righteousness. Let us live, preach, and give witness to Jesus Christ; the hope for the hopeless.

12. Benediction –

- a. **Psalms 34:8-10** Oh, taste and see that the LORD is good! Blessed is the man who takes refuge in him! (9) Oh, fear the LORD, you his saints, for those who fear him have no lack! (10) The young lions suffer want and hunger; but those who seek the LORD lack no good thing.