

The Cause and Cure for Anxiety (Matthew 6:19-34)

Introduction: *"A nation of nervous wrecks"*

What is the *therefore* (vs 25) there for?

The causes for Anxiety (vss. 19-24)

Two storehouses: laying up treasure in the wrong storehouse (vss. 19-20)

What do you treasure?

Where your treasure lies reveals the condition of your heart (vs 21)

Two eyes: a healthy one and a bad one (vss. 22-23)

A bad eye is covetous and restless

A healthy eye looks to and finds rest in Christ

Two masters: God and Mammon (vs 24)

Mammon: a false god; a destructive, lying force

The cure for Anxiety (vss. 25-34) ... *Therefore*

Take a look out the window (vss 26-30)

Think through your heavenly Father's reign in the world

God is your Father; He cares; He will take care of you (vss 31-33)

What is it, when you think about it, makes you anxious?

"Anxiety is practical atheism and an affront to God"

Don't get distracted by *"tomorrow,"* glorify God in the tasks of *today* (vs 34)