Anxiety Relieved December 27, 2020

*Matthew 6:25-34*

There are only two doctrines on which to base your life. Either you are competent to run your own life or God is. – Tim Keller

Intro: “Let Philip cease to rule the world.”

Worrying is a choice.

v. 25 *Therefore I tell you, do not be anxious about your life …*

v. 31 *Therefore do not be anxious …*

1. Choose to trust God with your needs
2. See how well God cares for His creation

v. 26 *Look at the birds of the air: they neither sow nor reap nor gather into barns, and yet your heavenly Father feeds them.*

vv. 28-29 *Consider the lilies of the field, how they grow: they neither toil nor spin, yet I tell you, even Solomon in all his glory was not arrayed like one of these.*

1. Believe that God cares for you

v. 26 *Are you not of more value than they?*

v. 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 …*

1. Worry stems from functional atheism

v. 30 *… will he not much more clothe you, O you of little faith?*

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

Philippians 4:6-7 *do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.*

* What did Luther mean by the phrase, “Let Philip cease to rule the world?”
* How can Jesus tell us not to be anxious when anxiety doesn’t feel like something we have control over?

1. Choose to stop playing God
2. The idea that you’re in control is a delusion

v. 27 *And which of you by being anxious can add a single hour to his span of life?*

1. The unknown mocks our illusion of control

v. 34 *Therefore do not be anxious about tomorrow, for tomorrow will be anxious for itself.*

1. Deal with today, plan for tomorrow, trust God with everything

v. 34 *Sufficient for the day is its own trouble.*

Luther: God provides food for the birds, but he does not drop it into their beaks.

Romans 8:32 *He who did not spare his own Son but gave him up for us all, how will he not also with him graciously give us all things?*

1 Peter 5:6-7 *Humble yourselves, therefore, under the mighty hand of God so that at the proper time he may exalt you, casting all your anxieties on him, because he cares for you.*

* When you worry, are you more tempted to think that God is unable or unwilling to care for you or that you’re in control?
* What is the connection between humility and anxiety?
* Why is it important that we accept that we’re not in control?

1. Choose to care about what God cares about
2. We often care more about excess than need

v. 25 *Therefore I tell you, do not be anxious …*

Luke 12:17 *What shall I do, for I have nowhere to store my crops?*

1. We often care more about our stuff than our souls

Luke 12:20 *God said to him, ‘Fool! This night your soul is required of you, and the things you have prepared, whose will they be?’*

v. 25 *Is not life more than food, and the body more than clothing?*

Luke 10:41 *Martha, Martha, you are anxious and troubled about many things …*

1. When you care about what God cares about, there are no other cares

v. 33 *But seek first the kingdom of God and his righteousness, and all these things will be added to you.*

Deuteronomy 15:11 *You shall open wide your hand to your brother, to the needy and to the poor, in your land.*

* What does the “therefore” in v. 25 have to do with what Jesus says in vv. 19-24? How are the passages related?
* What does it mean to “seek first the kingdom of God and his righteousness”?
* Which one of the three choices do you most need God’s help with?

Study ahead: Next week, we’ll study Hebrews 10:19-25.

Notes