

Summer Topical Series - #3
Season of Anxiety – Matt.6:25-34

0.0 Introduction

A continuation of last week's sermon on "Seasonal Difficulty" and II Cor.4, reflecting the double barrel – viral *and* psychological aspects these days

1.0 Biblical Passages on Worry

- 1.1 Easy to be worried about (relatively) unimportant things – Lk.8:14; 10:41; I Cor.7:32-34
- 1.2 Healthy kinds of worry = concern – I Cor 12:25; Phil.2:20
- 1.3 Some worries spring from fear – Matt.10:26-31; these are healthy (I Kg.18:12; Job 1:9)
- 1.4 Trust in God *tends* to displace fear – Ps.27:1; 118:6; I Jn.4:17-18

2.0 Worry About Life (Matt.6:25-34)

- 2.1 Six references to "anxiety" (vv.25, 27, 28, 31, 34) – or are these *concerns*?
- 2.2 Consider vv.25,27,28, 31,32 – references to our priorities & efforts
- 2.3 Preferable priorities – vv.33,34 – where we can put our energies
- 2.4 Issue here is mostly on worry, less on feelings of anxiety

3.0 Anxiety and Its Seasons

- 3.1 Anxiety sometimes results from worry; attempting to control our environment
- 3.2 Emotional anxiety triggered in various ways
- 3.3 It takes time to discern life, and yourself

4.0 Importance of This for Us Today

- 4.1 Reflect on your ways and habits: get to know yourself
- 4.2 There can be a place for medical care in response to troubling anxiety; 'levels the field'
- 4.3 "Jesus Christ is the same, yesterday, today and forever." (Heb.13:9)

Next week (July 26) – Summer Topical Series #4
How Do I 'Store Up Treasure in Heaven'? – Matt.19:16-30

Matthew 6:25-34 (NIV)

²⁵ “Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more than food, and the body more than clothes? ²⁶ Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they? ²⁷ Can any one of you by worrying add a single hour to your life?

²⁸ “And why do you worry about clothes? See how the flowers of the field grow. They do not labor or spin. ²⁹ Yet I tell you that not even Solomon in all his splendor was dressed like one of these. ³⁰ If that is how God clothes the grass of the field, which is here today and tomorrow is thrown into the fire, will he not much more clothe you—you of little faith? ³¹ So do not worry, saying, ‘What shall we eat?’ or ‘What shall we drink?’ or ‘What shall we wear?’ ³² For the pagans run after all these things, and your heavenly Father knows that you need them. ³³ But seek first his kingdom and his righteousness, and all these things will be given to you as well. ³⁴ Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.

Matthew 6:25-34 (NASB)

²⁵ “For this reason I say to you, do not be worried about your life, *as to* what you will eat or what you will drink; nor for your body, *as to* what you will put on. Is not life more than food, and the body more than clothing? ²⁶ Look at the birds of the air, that they do not sow, nor reap nor gather into barns, and *yet* your heavenly Father feeds them. Are you not worth much more than they? ²⁷ And who of you by being worried can add a *single* hour to his life? ²⁸ And why are you worried about clothing? Observe how the lilies of the field grow; they do not toil nor do they spin, ²⁹ yet I say to you that not even Solomon in all his glory clothed himself like one of these. ³⁰ But if God so clothes the grass of the field, which is *alive* today and tomorrow is thrown into the furnace, *will He* not much more *clothe* you? You of little faith! ³¹ Do not worry then, saying, ‘What will we eat?’ or ‘What will we drink?’ or ‘What will we wear for clothing?’ ³² For the Gentiles eagerly seek all these things; for your heavenly Father knows that you need all these things. ³³ But seek first His kingdom and His righteousness, and all these things will be added to you.

³⁴ “So do not worry about tomorrow; for tomorrow will care for itself. Each day has enough trouble of its own.