

The Cure for Anxiety

Matthew 6:24-34

Thesis: God wants to comfort and stabilize His children with the truth.

Introduction:

1. In the model prayer (Matthew 6:11) Jesus instructs His disciples to ask the Father for the daily bread. This means that our concern, in the area of material things, should be for our daily needs and not necessarily our daily wishlist of wants and desires.
 2. It is from this prayer that Jesus illustrates that scripture argues, it gives reasons for things, and that its thoughts are linked together.
 - a. A unit of thought has a main point. Everything else in that unit supports the main point in some way.
 - b. To truly understand a passage we must figure out how the arguments support the main point. (Piper)
 3. In this unit of scripture Jesus teaches us about the futility of being anxious for material things and striving for things that will disappear, just like Solomon lost sleep striving for material things.
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- I. Main point: Do not be anxious (Matthew 6:25, 27, 28, 31, 34)
 - A. God and money (Matthew 6:24)
 - B. What is worth more, life or food? (Matthew 6:25)
 - C. Consider the birds...(Matthew 6:26)
 - D. Can you add more time to your life? (Matthew 6:27)
 - E. Have you seen the lilies of the field? (Matthew 6:28-30)
 - F. The gentiles are anxious about these things (Matthew 6:32)
 - G. Our Father knows what we need (Matthew 6:32)
 - H. What you need will be given to you (Matthew 6:33)
 - I. Tomorrow will take care of itself (Matthew 6:34)
 - II. Do not be anxious about tomorrow *Matthew 6:24-21)
 - A. "You cannot serve two masters/God and wealth" (Matthew 6:24)
 1. vs. 25 - "For this reason," or "Therefore" - "Do not worry," or "Do not be anxious"
 2. Do not live a calculated life to maximize money and possessions (overly concerned with food, drink and clothes).
 3. You can't make money your life goal (love of money - 1 Timothy 6:10) After all, "...a life consumed by the concern for material needs will of necessity lack commitment and devotion to that which is of ultimate value." (Chouinard)
 - B. "Is not life more than food?" (Matthew 6:25)
 1. Life is not lost when you go a day or two without food or drink, or when you can't afford clothing. Life is a lot more than those things.
 2. Remember that physical life is temporal, our goal should be eternal. Saving our lives is not about keeping it alive here on earth, but eternally in heaven.
 3. Life is about more than food, drink and clothing, it is about heaven.
 - C. "Look at the birds of the air..." (Matthew 6:26)
 1. Birds have no natural instinct to hoard and store food for tomorrow. Their concern is a worm for today.
 2. Who provides the daily worm for the bird. Our heavenly Father.
 3. Am I not worth/more important than the bird? God will do the same and more for me.

- D. Can you add more time to your life? (Matthew 6:27)
 1. By worrying, can you extend your life?
 2. On the contrary, anxiety can shorten your life. So, what should we do?
- E. "Consider the Lillies of the field" (Matthew 6:28-31)
 1. The Lillies do not fret about how or where they grow - the point is that their needs (not only needed but beautiful and glorious needs) are taken care by our Father
 2. What about Solomon? The wealthiest king in all his splendor could never clothe himself like this. By the way, Solomon spent many a restless night planning for tomorrow and the next project, and then anxiously wondering who would appreciate his hard labors after he was dead.
 3. The Lillies are here today and are gone tomorrow, and no one really care about them, except our Father. How much more will our Father care about you and your needs, and give you even MORE?
 4. Again, notice the three areas Jesus brings our attention to: vs. 31: eat, drink wear. These are the three things that drive most people to become slaves to money and rob God of worship.

III. Your Father Knows What You Need (Matthew 6:32-34)

- A. Who are slaves to this temporal life? The Gentiles. (Matthew 6:32)
 1. The godless people (remember, if you pursue the temporal more than God than you are godless), do not know God, at least they do not know Him as their Father.
 2. If we are anxious about food, drink and clothing, then our faith is not in the Father but in earthly things.
 3. This dishonors God, this tells your Father you do not trust Him to take care of your needs.
- B. Our Father is aware of what we need (Matthew 6:32)
 1. In God we have both a Father and a Shepherd - what does this mean?
 2. He is always aware of our needs and supplying our needs. This should keep us from anxiety.
- C. "All these things shall be added to you" (Matthew 6:33)
 1. All these things = food, drink, clothing (necessities)
 2. What is the point? Seek first to please God our Father, that is to prepare for our eternal life, and our Father will make sure to provide us with an eternal home.
- D. "Tomorrow will care for itself". (Matthew 6:34)
 1. Every day there are troubles, and every day there is grace for that trouble. (Lamentations 3:23)
 2. "Tomorrow's troubles are not meant to be dealt with today's grace." (Piper). Every day has its sufficient trouble, as well as its sufficient grace.

Conclusion:

1. Master/salve relationship: We decide if we want to serve our Father or serve our desires. Food, drink and clothing are all satisfied and overly fed with money. This entices us to pursue money more than to pursue God.
2. The more we pursue material things the more we will be anxious and worry about unnecessary things.
3. Jesus' sacrifice allows us to not worry about tomorrow but to have confidence in tomorrow.
4. Plan of salvation.

Works Consulted

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According to a line of reasoning dating back to Clement of Alexandria, Chrysostom explains that riches are not evil in their very nature but in the evil use to which they are put, which causes humankind so much unhappiness.

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Maximilian Zerwick, and Mary Donald Grosvenor. *A Grammatical Analysis Fo the Greek New Testament*. Roma, Ed. Pontificio Istituto Biblico, 1996. 24 δισί dat. pl. of δύο. δουλεύειν inf. -εύω τινί (< δοῦλος) be a slave to, serve. ἓνα acc. of εἷς. μισήσει fut. -σέω hate. ἀγαπήσει fut. -πάω. ἀνθ-έξεται fut. ἀντ-έχομαί τινος be attached to one. κατα-φρονήσει fut. -φρονέω τινός (< κατα-against + φρονέω think, set one's mind) despise, look down on. μαμωνᾶς -ᾱ Aram. wealth, money or perh. personified Mammon.

Morris, Leon. *The Gospel according to Matthew*. Grand Rapids, Mich., W.B. Eerdmans ; Leicester, England, 2000. Jesus underlines the pointlessness of anxiety and the sound reasons for trusting the heavenly Father. There is more to life than food and clothing, so one's attention should not be concentrated on them but should be focused elsewhere. As we read his words we must remember that he lived in

a society where shortage of food was much more common than in modern Western states (despite the problems in their slum areas). Even so he sees the Father as active throughout his creation, caring even for birds and flowers; there is accordingly no reason for those who call him “Father” to be anxious. God will surely meet all their real needs. Worry is pointless; trust is well based..

Piper, John. “Matthew 6:24–34, Part 1: Nine Arguments against Anxiety.” *Desiring God*, John Piper, 23 Apr. 2015, www.desiringgod.org/labs/nine-arguments-against-anxiety. Accessed 22 May 2021.