

# 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.
  2. It is from this prayer that Jesus illustrates that scripture argues, it gives reasons for things, and that its thoughts are linked together.
  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.
- I. Nine arguments on Anxiety (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).
    - B. "Is not life more than food?" (Matthew 6:25)
      1. Life is a lot more than food, drink and clothing.
      2. Remember that physical life is temporal, our goal should be eternal.
    - C. "Look at the birds of the air..." (Matthew 6:26)
      1. Birds have no natural instinct to store food.
      2. Am I not worth/more important than the bird?
    - D. Can you add more time to your life? (Matthew 6:27)
    - E. "Consider the Lillies of the field" (Matthew 6:28-31)
      1. The Lillies do not fret about how or where they grow.
      2. The Lillies are here today and are gone tomorrow.
  - 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 do not know God as the Father.
      2. Anxiety dishonors our Father.
    - B. Our Father is aware of what we need (Matthew 6:32)
    - C. "All these things shall be added to you" (Matthew 6:33)
      1. food, drink, clothing (necessities)
      2. Seek first to please God our Father.
    - D. "Tomorrow will care for itself". (Matthew 6:34; Lamentations 3:23)

## Conclusion:

1. Master/slave relationship
2. Jesus' sacrifice allows us to not worry about tomorrow but to have confidence in tomorrow.

## Thought Questions<sup>1</sup>

1. Matthew 6:24–34. What do you think is the main point of these eleven verses?
2. How many different arguments do you see that support your main point?
3. Restate each of the arguments you identified from the previous question in your own words.
4. Read Matthew 6:26–30, and explain the logic under the birds and the lilies illustrations. How do those picture help us not fear?
5. Jesus says, “your life is more than food” (Matthew 6:25). In what way is life more than food? How specifically does that speak to our anxiety about food?
6. What are “these things” in Matthew 6:32–33? How can Jesus say God will give us all these things when we know Christians die without them every day?
7. Why do the Gentiles seek after “these things”? According to Matthew 6:32, why is their example a bad one to follow?
8. Read Lamentations 3:21–23 (with Matthew 6:34). In God’s care and provision, what is the relationship between today’s grace and today’s trouble? What about between today’s grace and tomorrow’s trouble?

---

<sup>1</sup> Piper, J. (2014–2015). *Look at the Book Labs*. Minneapolis, MN: Desiring God.