

Title: Anxious for Nothing

Text: Matthew 6:25-34

Target: You don't have to worry about what God has already figured out.

- I. **Command Against Anxiety:** *"Therefore I tell you, do not be anxious about your life,"* (Vs. 25)
 - A. **The Connection:** *"Therefore"*
 - B. **The Caution:** *"I tell you"*
 - C. **The Clarification:** *"Is not life more..."*
 1. **Beyond Food:** *"eat or what you drink,"*
 2. **Beyond Flesh:** *"nor about your body,"*
 3. **Beyond Fashion:** *"what you will put on."*
- II. **Care of the Father:** *"Look..."* (Vs. 26)
 - A. **Look Up:** *"Look at the **birds** of the air: they neither sow nor reap nor gather into barns,"* (Vs. 26a)
 - B. **Look Around:** *"Consider the **lilies** of the field, how they grow: they neither toil nor spin,"* (Vs. 28)
 - C. **Look Down:** *"But if God so clothes the **grass** of the field, which today is alive and tomorrow is thrown into the oven,"* (Vs. 30)
 - D. **Look Within:** *"For the Gentiles seek after these things, and your Heavenly Father knows that you need them all."* (Vs. 32)
- III. **Confrontation of Worry:** *"Therefore do not be anxious,"* (Vs. 31)
 - A. **Worry questions your Worth:** *"Are you not of more value than they?"* (Vs. 26)
 - B. **Worry can't extend Life:** *"And which of you by being anxious can add a single hour to his span of life?"* (Vs. 27)
 - C. **Worry looks to Self:** *"will he not much more clothe you,"* (Vs. 30a)
 - D. **Worry blocks Worship:** *"O you of little faith?"* (Vs. 30b)
 - E. **Worry fixates on the Future:** *"What shall we eat? What shall we drink? What shall we wear?"* (Vs. 31)
- IV. **Call to Prioritize:** *"But seek first the kingdom of God and his righteousness, and all these things will be added to you."* (Vs. 33)
 - A. **Call to Seek:** *"Seek first"*
 - B. **Call to Trust:** *"All these things will be added to you."*
 - C. **Call to Rest:** *"Therefore do not be anxious about tomorrow, for tomorrow will be anxious for itself. Sufficient for the day is its own trouble."* (Vs. 34)

Takeaway: Seek first. Trust fully. Rest freely.