

**STOP THE WORRY, SEEK
GOD'S KINGDOM**

Matthew 6:25-34

ANXIOUS

Μεριμνάω

merimnaō

“to be drawn in two different directions,
to be distracted, divided.”

CONTEXT

Sermon on the Mount

Matthew 5 -7

Matthews 6:19-24 teaches

Lay up treasures in heaven

Let God master you not money

²⁵“Therefore I tell you, do not be anxious about your life, what you will eat or what you will drink, nor about your body, what you will put on. Is not life more than food, and the body more than clothing? ²⁶Look at the birds of the air: they neither sow nor reap nor gather into barns, and yet your heavenly Father feeds them. Are you not of more value than they?”

²⁷And which of you by being anxious can add a single hour to his span of life? ²⁸And why are you anxious about clothing? Consider the lilies of the field, how they grow: they neither toil nor spin, ²⁹yet I tell you, even Solomon in all his glory was not arrayed like one of these.

³⁰But 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, O you of little faith? ³¹Therefore do not be anxious, saying, 'What shall we eat?' or 'What shall we drink?' or 'What shall we wear?' ³²For the Gentiles seek after all these things, and your heavenly Father knows that you need them all.

³³But seek first the kingdom of God and his righteousness, and all these things will be added to you. ³⁴“Therefore do not be anxious about tomorrow, for tomorrow will be anxious for itself. Sufficient for the day is its own trouble.

Matthew 6:25–34

COMMAND #1 OF THE KING

25 “Therefore **Do not be anxious** about your life, what you will eat or what you will drink, nor about your body, what you will put on.”

31: “**Do not be anxious**, saying, ‘What shall we eat?’ or ‘What shall we drink?’ or ‘What shall we wear?’”

34: “**Do not be anxious** about tomorrow.”

COMMAND DISCLAIMERS

1. Do not be anxious, does not mean we do not **plan**.
2. Do not be anxious, does not mean we do not have **healthy concern**.





STOP IT!



Reason #1: **Your anxiety is inconsistent with the character of our God.**

“Therefore I tell you, do not be anxious about your life, what you will eat or what you will drink, nor about your body, what you will put on. **Is not life more than food, and the body more than clothing?**”

Reason #2: **You are valuable to your Heavenly Father.**

²⁶Look at the birds of the air: they neither sow nor reap nor gather into barns, and yet your heavenly Father feeds them. Are you not of more value than they?

Reason #3: **Anxiety is futile.**

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

Reason #4: **Anxiety diminishes faith & forgets eternal life.**

²⁸ And why are you anxious about clothing?
Consider the lilies of the field, how they grow:
they neither toil nor spin, ²⁹ yet I tell you, even
Solomon in all his glory was not arrayed like one
of these.

Reason #4: **Anxiety diminishes faith & forgets eternal life.**

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, O you of little faith?

Reason #5: **Anxiety ruins our witness.**

³¹ Therefore do not be anxious, saying, 'What shall we eat?' or 'What shall we drink?' or 'What shall we wear?' ³² For the Gentiles seek after all these things, and your heavenly Father knows that you need them all.



COMMAND #2 OF THE KING

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

Say, “Stop it” to anxiety &
seek the kingdom of God
and his righteousness