

**KINGDOM LIFESTYLE**  
**Text: Matthew 6:25-34**

**Key Word:** Anxious

**Key Thought:** Why Should we **Not** be Anxious?

Have you ever been impatient for improvement? Has that feeling grown to a point that you now worry or have become anxious about it? The word “*anxious*” is used 15 times in NASB. This problem of life has become so common that it now called “**the official emotion of our age.**” It has been with us since the creation of the world but **the complexities of modern life have alerted us to its presence and probably has increased its influence in our daily life.**

“Anxiety is an inner feeling of apprehension, uneasiness, concern, worry, and/or dread that is accompanied by heightened physical arousal . . . The heart beats faster, blood pressure and muscle tension increase, neurological and chemical changes occur within, sometimes perspiration appears, and the person may feel faint, jumpy, and unable to relax. ”

Gary Collins  
“*Christian Counseling*”  
P. 78

When Jesus addressed this common issue of life, He at first glance seemed to be a little harsh in His approach. It doesn’t sound like the compassionate, grace giving Lord that we have come to know. I believe there was a reason for this approach. **Jesus was actually offering an excellent amount of practical teaching that would benefit His hearers if only they applied what He was teaching.**

Jesus said,

*“Therefore I tell you, stop being perpetually uneasy (anxious and worried) about your life, what you shall eat or what you shall drink, and about your body, what you shall put on. Is not life greater [in quality] than food, and the body [far above and more excellent] than clothing?”*

*Matthew 6:25  
Amplified Bible*

In the ten verses of our text, starting with this one, Jesus offered seven arguments and defenses against worry. We can gain a great deal of help by following the teaching of Kingdom Living. Why should we accept the lifestyle of the world when it only brings us into further problems? The application of the Word of God will and does set us free to enjoy life as God intended it to be.

“There is scarcely any sin against which our Lord Jesus more largely and earnestly warns his disciples, than the sin of disquieting, distracting, and distrustful cares about the things of this world.”

Matthew Henry  
Vol. III, p. 31

Jesus scolded His disciples for being concerned about the winds and waves that they feared were soon going to sink their ship. He placed the needs of 5,000 men into the hands of a few disciples to show them that God can supply all our needs. When confronted by an evil spirit He rebuked it and also rebuked His disciples for lacking the faith to do the same. **It was the love of God that challenged the disciples to reach their potential and no longer be bound by their fears and anxieties.**

Paul wrote,

*“Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God.”*

*Philippians 4:6*

**Jesus Offered a Formula to Follow That Would Deal with Worry and Anxiety.**

**I. NATURE SHOWS THAT ANXIOUS CARE IS NEEDLESS (Matthew 6:25-30)**

**II. REVELATION SHOWS THAT ANXIOUS CARE IS PAGAN (Matthew 6:31-32)**

**III. PROVIDENCE SHOWS THAT ANXIOUS CARE IS FUTILE (Matthew 6:33-34)**

**I. NATURE SHOWS THAT ANXIOUS CARE IS NEEDLESS (Matthew 6:25-30)**

Jesus loved to use common, everyday things to bring out truth. He knew that we can best understand something when we relate it to something we already know about. When addressing the problems of life, Jesus used everyday examples to drive His point home.

There are two things in life that advertisers constantly bombard us with. One is clothing while the other is food. If you walk into most large department stores, you are usually confronted first with aisles upon aisles of women’s clothing.

**Daughter:** *“Mom, may I have some money for a new dress?”*

**Mother:** *“Ask your father, dear. You’re getting married in a month and the practice will do you good.”*

Bob Phillips  
*“More Clean Jokes” p. 38*

## I. NATURE SHOWS THAT ANXIOUS CARE IS NEEDLESS (Matthew 6:25-30) (Contd.)

**Husband:** “Where did you get that new hat?”

**Wife:** “Don’t worry, dear. It didn’t cost me a thing. It was marked down from \$20.00 to \$10.00. So, I bought it with the \$10.00 I saved.”

Jesus used two illustrations from nature to point out that we don’t need to worry about the temporal things of life.

**A. Birds of the Air (Matthew 6:26)** - One thing I’ve noticed about birds is that they are usually eating or else flying to a new location to get something to eat - Especially pigeons and Sea Gulls. They never seem to do without a meal. I can’t say I’ve ever seen a bird that looks underweight or overweight if it is healthy.

Jesus said that even though birds don’t store food away, they are always cared for. When was the last we saw a bird that had starved to death for lack of food?

*“He (God) provides food for the cattle and for the young ravens when they call.”*

*Psalm 147:9*

It is not that birds don’t work for their food (because sparrows are very hard working), but rather they don’t worry about the food they know they will get to eat. **They do their part - while God does His part.**

Said the Robin to the Sparrow:  
“There is one thing I would really like to know,  
Why these anxious human beings  
Rush about and worry so.”

Said the Sparrow to the Robin:  
“Friend, I think that it must be  
That they have no heavenly Father  
Such as cares for you and me.”

Michael Green  
*“Illustrations for Biblical Preaching”*  
# 1529, p. 418

## I. NATURE SHOWS THAT ANXIOUS CARE IS NEEDLESS (Matthew 6:25-30) (Contd.)

**B. Lilies of the Field (Matthew 6:28-30)** - A Lily is a very frail flower. They have been called grass of the field. Lilies grow for the most part by themselves. People seldom plant lilies. Yet there are few people who don't admire their beauty.

**The lilies on the hillsides of Palestine were scarlet poppies and anemones. THEY ONLY WOULD BLOOM FOR A DAY.** The women often collected them after their time of blooming and cast them into their clay ovens. They would burn very quickly and give off an instant heat. **Jesus was making the point that even these flowers which were here today and gone tomorrow were adorned with a beauty surpassing that of Solomon in his extravagant kingly robes.** If God gives this much attention to a quick passing flower how much more will He care for us? We are the crowning touch of His creation. He will not forsake us in our daily needs of food and clothing.

“Every tomorrow has two handles. We can take hold of it by the handles of anxiety, or by the handle of faith.”

“Today is the tomorrow you worried about yesterday.”

E.C. McKenzie  
“14,000 Quips & Quotes,” p. 570

## II. REVELATION SHOWS THAT ANXIOUS CARE IS PAGAN (Matthew 6:31-32)

“Worry is essentially a distrust of God.”

William Barclay  
“*The Gospel of Matthew*”  
Vol. I, p. 258

When we come to know the LORD as our Saviour, our way of thinking begins to change quite rapidly. There is no doubt that we become a new creation in Christ Jesus. Our old way of thinking and acting begins to go through a major change in a short time. **One of those changes is that we replace worry with trust.**

If we rationally consider what is causing us to worry, we will probably come up with the following list:

1. Threat
2. Conflict
3. Fear
4. Unmet Needs
5. Physiology
6. Individual Differences

Gary Collins  
“*Christian Counseling*”  
pp. 80-84

## II. REVELATION SHOWS THAT ANXIOUS CARE IS PAGAN (Matthew 6:31-32) (Contd.)

Jesus was making the point that we shouldn't worry about things in life because our trust in Him should settle our mind and emotions to rest. We don't need to be full of concerns when we come to know whom God is and how He really cares about us.

Our belief in God should keep our hearts and minds at ease during times of trouble.

"I complained because I had no shoes until I met man who had no feet."

An Arab Proverb

## III. PROVIDENCE SHOWS THAT ANXIOUS CARE IS FUTILE (Matthew 6:33-34)

"Worry affects the circulation, the heart, the glands, the whole nervous system. I have never known a man who died of overwork, but many who have died of doubt."

Charles H. Mayo  
*"American Mercury  
Recorded by Franks M. Mead  
12,000 Religious Quotations"*  
p. 477

"Never bear more than one trouble at a time. Some people bear three kinds - **all they ever had, all they have now, and all they expect to have.**"

Knight's Treasury of Illustration  
(White book) p. 445

Most of us can make a mountain out of a molehill.

### Green Pastures

Last night I started counting sheep  
When I had gone to bed,  
For I had worries large and small  
Which drove sleep from my head.  
The sheep had many little lambs,  
And these I counted too;  
(Contd.)

### III. PROVIDENCE SHOWS THAT ANXIOUS CARE IS FUTILE (Matthew 6:33-34)(Contd.)

Thus through the flock I went until  
The Shepherd came in view.  
And then I thought, "*Why spend my time  
In simply counting sheep  
When I can walk with Him and pray  
For folk who cannot sleep?*"  
I walked with him a while, and then  
He smiled and said to me,  
"*Look back; where are your worries now?*"  
But not one could I see!

Mildred Allen Jeffrey  
Recorded by Knight's Treasury of Illustration  
(White book) p. 446

None of us know what tomorrow will bring but we know Who will bring tomorrow.  
God will take care of the areas that are in His charge. We can only deal with things within our realm.

The apostle Paul offered quite a bit of advice in the treatment of anxiety when he wrote to the church at Philippi in Philippians 4:6-23.

1. Pray - 4:6
2. Guard your mind through Christ - 4:7
3. Think on good things - 4:8
4. Focus on godly behavior - 4:9
5. Be content with your circumstances - 4:11
6. Recognize that there is a twofold responsibility - 4:13  
(I can do all things **THROUGH Christ**)
7. Trust in God to meet all your NEEDS - 4:19
8. Realize that the grace of God is with you - 4:23

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Date: Nov 20/22

Place: FCA

Time: 10:30 Am

Song: Canvas & Clay

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*Dr. Gary Collins*

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