

May 9, 2018
“The Cure for Worry and Anxiety” (Part 2)
Matthew 6:25-33
David Self

“This is why I tell you: Don’t worry about your life, what you will eat or what you will drink; or about your body, what you will wear. Isn’t life more than food and the body more than clothing? ²⁶ Look at the birds of the sky: They don’t sow or reap or gather into barns, yet your heavenly Father feeds them. Aren’t you worth more than they? ²⁷ Can any of you add a single cubit to his height by worrying? ²⁸ And why do you worry about clothes? Learn how the wildflowers of the field grow: they don’t labor or spin thread. ²⁹ Yet I tell you that not even Solomon in all his splendor was adorned like one of these! ³⁰ If that’s how God clothes the grass of the field, which is here today and thrown into the furnace tomorrow, won’t He do much more for you—you of little faith? ³¹ So don’t worry, saying, ‘What will we eat?’ or ‘What will we drink?’ or ‘What will we wear?’ ³² For the idolaters eagerly seek all these things, and your heavenly Father knows that you need them. ³³ But seek first the kingdom of God and His righteousness, and all these things will be provided for you.” Matthew 6: 25-33

I. The Problem of Worry

- A. A binary choice: fretting or faith
- B. Real world consequences

II. The Provisions of God

- A. **His knowledge:** Because God is omnipotent and God is loving He **“knows that you need them.”** Our source for satisfaction, security and significance is our Father.

B. His Direction: Our priority must be “**the kingdom of God and His righteousness.**” If we seek Him first, He will provide our needs. Our faith is confirmed by His provision. (Saved - “**Seek first the Kingdom of God,**” Sanctified - “**and His righteousness,**” Serving - “**and all these things. . .**”).

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