

Gospel of Matthew “An Invitation Out Of Anxiety”
Matthew 6:25-34
August 21, 2022

Matthew 6:25

“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?”

There is a good anxiety and an anxiety that is harmful.

Anxiety arises as you begin to feel and experience potential future outcomes before they happen.

Luke 10:40

But Martha was distracted with much serving. And she went up to him and said, “Lord, do you not care that my sister has left me to serve alone? Tell her then to help me.”

Philippians 4:6

Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God.

“Unduly concerned.”

1 Peter 5:6-7

Humble yourselves, therefore, under the mighty hand of God so that at the proper time he may exalt you, 7 casting all your anxieties on him, because he cares for you.

“Do not be anxious” is a comfort command.

Matthew 6:26-30

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

Both illustrations convey, “Aren’t you more valuable?”

Matthew 6:31-34

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. 33 But 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.

Anxiety reveals an opportunity.

Eugene Peterson Quote -“The resurrection of Jesus establishes the entire Christian life and it begins as a community that is gathered at the place of impossibility, the tomb.”

Grow Group Discussion Questions

- What did God say to me during our Sunday gathering?
- How have you most experienced anxiety in your life (ie., fear, stress, worry, etc)?
- What transition in your life produced the most anxiety? How did you deal with it?
- What is the link Jesus is making between where we “lay up treasure” and anxiety?
- How is the repeated idea of God being “Father” meant to help our anxiety? How are you growing in your understanding of this important truth?
- What is something you are anxious about right now? What is that uncertain feeling revealing? What do you think Jesus would say to you about it? What help can you find through the gospel?
- Spend a few moments closing your group time praying for one another and one uncertain thing each group member is facing.