

Matthew 6:25ff

When Nathan was about 4 years old, the seniors of our church went to someone's huge catfish pond to fish. Nathan wanted to go with us. So, we got his little \$15 Zebco rod and reel, and followed the seniors. During our trip to the pond, a torrential rain storm dumped rain on us so that we had to slow down and had a hard time seeing a head of us. As I was straining to see where we were going, Nathan was saying something. I didn't understand what he was saying. I looked over to ask what he said. He repeated it. He had his hands open like holding a book and said, "What time I am afraid, I will put my trust in Thee." Psalm 56:3. The director of our church's daycare had the kids memorize scripture. She would make them recite the verses holding their hands like they were holding a Bible. It was an anxious moment for Nathan, and he reminded me where true trust was to be placed.

I recently looked at the Psalm where that verse is found. It is Psalm 56:3. The caption before verse 1 tells us that this Psalm was written when David was seized by the Philistine city of Gath. David is alone. David was desperate. David was fearful and found himself in a state of anxiety. I don't know how that statement registers in your mind. David was anxious. David had moments of anxiety. It got me thinking and praying. I don't preach too much on worry or anxiety or mental states of being. However, the Bible says too much about anxiety, it's cause, it's effects, and how to squash it. Human nature has not changed much over the past 3,000 years. We still have anxiety.

Now that we have weathered three floods in four years, and have weathered other stuff that has happened to us over the years, we too get those moments where we are overwhelmed with anxiety.

I find myself in that state quite often. I have sat in that chair with a sermon to preach that I have to preach because if I don't I will be sinning against God. Anxiety hits wondering what the response will be from you.

After we weathered Hurricane Hugo in 1989, I found myself with anxiety when I watched a weather report that gave information of a storm brewing out in the Atlantic. Now that we have internet, I go to the national hurricane center website. When I see that red storm sign, I start feeling that anxiety again.

You know what that anxiety is like I am sure. Some suffer to the point that it becomes a disorder, finding ourselves unable to function or cope because of it.

The new and now, not so new social media seems to have intensified anxiety in some people. I won't even get into that. But it is real. It's bothering.

Well, let's look at a passage that will help us understand anxiety from a Biblical perspective. If you are into the electronics, turn on your phone app to Matthew 6. If you are like me, preferring a hard copy of God's Word, go with me to Matthew 6. I want to read the lesson Jesus gives on anxiety that is found in the Sermon on the Mount.

Let's go to Matthew 6:25-34.

*25 "For this reason I say to you, do not be worried about your life, as to what you will eat or what you will drink; nor for your body, as to what you will put on. Is not life more than food, and the body more than clothing?"*

*26 Look at the birds of the air, that they do not sow, nor reap nor gather into barns, and yet your heavenly Father feeds them. Are you not worth much more than they?  
27 And who of you by being worried can add a single hour to his life?  
28 And why are you worried about clothing? Observe how the lilies of the field grow; they do not toil nor do they spin,  
29 yet I say to you that not even Solomon in all his glory clothed himself like one of these.  
30 But if God so clothes the grass of the field, which is alive today and tomorrow is thrown into the furnace, will He not much more clothe you? You of little faith!  
31 Do not worry then, saying, 'What will we eat?' or 'What will we drink?' or 'What will we wear for clothing?'  
32 For the Gentiles eagerly seek all these things; for your heavenly Father knows that you need all these things.  
33 But <sup>[f]</sup>seek first <sup>[g]</sup>His kingdom and His righteousness, and all these things will be <sup>[h]</sup>added to you.  
34 "So do not worry about tomorrow; for tomorrow will <sup>[i]</sup>care for itself. <sup>[j]</sup>Each day has enough trouble of its own.*

The Nature of Anxiety  
The Focus of Anxiety  
The Root of Anxiety  
The Remedy for Anxiety

I won't spend a lot of time on the first three, but will on the last. That is where Jesus spend majority of His time. We need to hear what He says.

## **The Nature of Anxiety**

The nature of anxiety is found in the command given to not be anxious. KJV-Take no thought in... That gives some clue about anxiety. It is a mind thing. You think about something. You let your mind dwell on that something. That something festers to point of worrying us, and then we end up overly anxious. Do you find yourself that way at night? You go to bed. Your body is worn out, but your mind is going 100 mph. You start thinking about something, worrying, and then can't go to sleep because of the worry.

Other translations give a more accurate translation: worry or anxious. The things we worry and are anxious about are possible things in the future. There is only one person I know of who knows the future. It certainly is not your stock broker.

## **The Focus of Anxiety**

What do we worry about? Jesus gives an interesting word. It literally means soul. The worry is about the body stuff that end up being synonymous with our total being, body, soul, and spirit.

The stuff we worry about is about the externals more than the internals. What will we eat, drink, clothes. There is a difference between Jesus' day and ours. They had reason to worry, because their food, drink, and clothing depended on the yield of the land. The worry was not will we eat Nature's Own bread or Merita. The worry was will we have bread because of the grown wheat.

## **The Root of Anxiety**

The root of anxiety is found by combining a couple of verses. Verse 25 begins with, "For this reason I say to you." What reason? Go back to verse 24 Jesus said, "You can't serve two gods. You serve one or the other." The last part of verse 30 says, "You of little faith!" It is a lack of faith that causes the anxiety. Put those together. Anxiety happens when we no longer trust in the true God who knows the future, but start trusting in other things we make as our gods that are nothing but threads, currency, and food.

This brings us to **the remedy for Anxiety**

Going back to the rainstorm that Nathan and I were caught in. As long as the wipers were on, I was able to fight off the source of the anxiety of the moment. When mud is suddenly slung on your windshield, anxiety comes. However, it is remedied by windshield wipers and the wiper fluid that we squirt on the windshield.

The wipers that are the remedy of anxiety are the promises of God's Word. The fluid is the Holy Spirit. God, through the Holy Spirit has promises in the Word that He points us to that address our anxiety.

Jesus shares promises with us in this passage.

You can pull these verses apart to find the promises. I want to groups some of these to give you five promises.

Promise 1 – Your life is more than about Chick-Fila or Izod or American Eagle. The value God extends to you go beyond the physical to a spiritual worth. He will raise your body for eternal fellowship. This promise is verse 25.

Promise 2 – You are of great value to Jesus Christ. You are more valuable than the flowers and birds. Not only does God give for your physical needs, but more, your spiritual needs. This promise found in verses 26 and 28-30.

Promise 3 – You have a Holy Dad who does not look on from a distance with an attitude of indifference. He will act to help you.  
This is verse 31-32.

Promise 4 – Commit your life to Kingdom causes and He will care for you. Seek ye first the Kingdom of God and His righteousness; and all these things will be added to you.

Promise 5 – God knows the limits by which you can be tested. He is faithful to give you mercies new mercies for the day.

Cast all of your care, anxieties, worries on Him, for He cares for you.

Anxiety.

Some are anxious of their spiritual life. Will I go to heaven? How can I get forgiveness of sin?

Some are anxious over future things.

Some are anxious concerning health issues. This week, one of ours heard cancer as the diagnosis. They will hear this week of what will happen next.

I want to close by doing something together.

Put your hands like it's a book. Let's be childlike in our faith for a few seconds.

When I am afraid,  
I will put my trust in You.  
In God, whose word I praise,  
In God I have put my trust;  
I shall not be afraid.

Do you need forgiveness of sin and peace with God? Ask God to forgive you of your sin, and commit your life to Jesus Christ as Lord and Savior. A modern way of saying that is, "Ask Jesus to be your forgiver and submit yourself to Him so that He will now be boss."