

S7E45

Worry, Anxiety and Fear (oh my!) – Matthew 6:25-27

Description – Join us today as we look at what Jesus teaches us in Matthew 6 on Worry, Anxiety and Fear.

Sometimes in life, it's not the thing that worries us as much as the anticipation of the thing happening.

Don't worry, be hopeful.

Matthew 6:25

²⁵ “Therefore 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 Consider 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 one moment to his life span by worrying?

What Jesus is talking about in this passage is right on the heels of Jesus telling us to trust God with our finances, money, and material possessions.

So right on the heels of that is this passage about worry.

16 of Jesus's 38 parables were about Money.

For Jesus, money is like a thermometer and a way to examine the person's heart.

“Do not worry” (CSB) - “Do Not be anxious..” (ESV) - What does this mean?

You're concerned about things that are coming that you have no control over. There's a spiritual aspect to it, but sometimes can also be a physical aspect to it as well.

Sometimes you're so worried that you can't convince the brain and yourself that this is an irrational fear.

To be troubled with cares of the world. The root word here means to be distracted, or to be pulled in two directions.

Matthew 6:26

²⁶ Consider 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?

Birds don't sow seed into the ground, they don't store up food. Yet God takes care of them. He provides for them.

How much more does God love you more than the varied birds He's created?

FEAR - False Evidence Appearing Real

The enemy is the accuser and the father of lies. Our enemy would love to discourage us with fear, doubt and worry.

There are times when we need to get alone with God to pray, to work through our fears, putting pen to paper on what's really bothering us.

So what is faith? Hebrews 11

Hebrews 11:1-2

Now faith is the reality of what is hoped for, the proof of what is not seen. ² For by this our ancestors were approved.

The way you combat worry is to change your perspective about it and change your perspective about how God works.

God sends pressure in our life, a moment of stress, to drive us to dependence on Him.

Faith isn't just getting a word from God. It's knowing and acting on that word as if it's already happened and is true for your life.

God will get us to trust him in the small things first by faith. When we do that consistently He will stretch us with bigger things to trust Him more by faith.

Faith is the conviction that God's word is true and that by acting upon that word from God it brings blessing in my life.

"What comes first, the need in your life, or the supply from God to meet that need?" - Manley Beasley

Every need we will ever have in our life God already has the supply before He sends the need to us.