

Don't Be Anxious

Jeff Rogers / Lamplighter Bible Study

Matthew 6:25-30

What is anxiety? It is a feeling of fear, dread, and uneasiness. It could be characterized as inner turmoil or anticipating future threats such as health, money, or relationship problems. Anxiety disorders are the most diagnosed mental illness in the world. Though mental illness can be a “brain” problem needing medical attention, Jesus identifies a “mind” problem related to our thinking.

The importance of our mind and right thinking: It’s “renewal.” It means to cause something to become new and different; the implication is to become superior; to be begotten again.

Romans 12:2, *Do not be conformed to this world, but be transformed by the renewal of your mind, that by testing you may discern what is the will of God, what is good and acceptable and perfect.*

Titus 3:5, *He saved us, not because of works done by us in righteousness, but according to his own mercy, by the washing of regeneration and renewal of the Holy Spirit,*

2 Corinthians 4:16, *So we do not lose heart. Though our outer self is wasting away, our inner self is being renewed [be begotten again] day by day.*

Colossians 3:9–10, *Do not lie to one another, seeing that you have put off the old self with its practices **10** and have put on the new self, which is being renewed [be begotten again] in knowledge after the image of its creator.*

I. The Command Given (Matthew 6:25)

- A. The art of repetition, “*Do not be anxious...*” Matthew 6:25, 31, 34
- B. The emphasis of singular devotion (19-24, not money; 16-18, not false humility; 5-8 and 1-4, not false religiosity).
 - 1. **James 1:6–8**, *But let him ask in faith, with no doubting, for the one who doubts is like a wave of the sea that is driven and tossed by the wind. **7** For that person must not suppose that he will receive anything from the Lord; **8** he is a double-minded man, unstable in all his ways.*
 - 2. **James 4:8**, *Draw near to God, and he will draw near to you. Cleanse your hands, you sinners, and purify your hearts, you double-minded.*
 - 3. To be anxious demonstrates a lack of trust in God, who promises that he will graciously care for “*all these things*” (see vs 33)
- C. The *a fortiori* argument – this kind of logic is arguing from the greater to the lesser; it literally means “*from the stronger reason.*” It describes an argument that gives a stronger reason than one already accepted.
 - 1. Example: “If a person is dead (the stronger reason), then one can, with equal or greater certainty, argue *a fortiori* that the person is not breathing.” “No longer breathing” is an extrapolation from his being dead and is derived from the “stronger argument.”
 - 2. “Is not life more than food and the body more than clothing?”
 - a) God gave us life; will he not provide food and clothing?

II. The Examples Provided

- A. The birds of the air (Matthew 6:26-28a)
 - 1. Study the birds (**6:26a**)- **Job 38:41**, *Who provides for the raven its prey, when its young ones cry to God for help, and wander about for lack of food? **Psalms 147:9**, *He gives to the beasts their food, and to the young ravens that cry.**
 - 2. Ponder their habits (neither sow, nor reap, nor gather). Yet! (6:26b)
 - 3. See the lesser to the greater (6:26c) – *are you not more valuable than they?*
 - a) **Matthew 10:31**, *Fear not, therefore; you are of more value than many sparrows.*
 - 4. Answer the question.
 - a) Can anxiety change what God ordains? (6:27)

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- B. The lilies of the field (Matthew 6:28-30a)
- a) Answer the question: Why are you anxious about clothing? (6:28a)
 - b) See the lesser to the greater (6:28b-29)
 - (1) **1 Kings 10:4–7**, *And when the queen of Sheba had seen all the wisdom of Solomon, the house that he had built, 5 the food of his table, the seating of his officials, and the attendance of his servants, their clothing, his cupbearers, and his burnt offerings that he offered at the house of the Lord, there was no more breath in her. 6 And she said to the king, “The report was true that I heard in my own land of your words and of your wisdom, 7 but I did not believe the reports until I came and my own eyes had seen it. And behold, the half was not told me. Your wisdom and prosperity surpass the report that I heard.*
 - (2) The greatest on Earth is the lesser to God’s handiwork!
 - c) Ponder the principle (Matthew 6:30a)

III. The Sin Identified (Matthew 6:30b)

- A. Little faith is the failure on man’s part to think Biblically.
1. Ask yourself, “How is it that I do not see the reality of Christ’s teaching as being true?”
 2. God has given us life (we are fearfully and wonderfully made), and he has provided the body in which that life is to be lived; therefore, His purpose with respect to us will be fulfilled!
 - a) Our lives are not the result of a cosmic accident.
 - b) Our lives are not random events.
- B. We must never be anxious.
1. Don’t be anxious when the storm comes (**Matthew 8:26**, *And he said to them, “Why are you afraid, O you of little faith?” Then he rose and rebuked the winds and the sea, and there was a great calm.*
 2. Don’t be anxious when the opportunity comes (Matthew 14:22-33; **Matthew 14:31**, *Jesus immediately reached out his hand and took hold of him, saying to him, “O you of little faith, why did you doubt?”*
 3. Don’t be anxious when scarcity comes (**Matthew 16:8**, *But Jesus, aware of this, said, “O you of little faith, why are you discussing among yourselves the fact that you have no bread?”*)

IV. The Practice Perfected

- A. Don’t worry (not “*of doubtful mind*” - KJV) - **Luke 12:29**, *And do not seek what you are to eat and what you are to drink, nor be worried.*
- B. Keep the main thing, the main thing (**Matthew 6:33**, *But seek first the kingdom of God and his righteousness, and all these things will be added to you.*)
1. **Luke 10:38–42 esp. 40-42, 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.” 41 But the Lord answered her, “Martha, Martha, you are anxious and troubled about many things, 42 but one thing is necessary. Mary has chosen the good portion, which will not be taken away from her.”*
 - a) **Matthew 6:1–2** “*Beware of practicing your righteousness before other people in order to be seen by them, for then you will have no reward from your Father who is in heaven. 2 “Thus, when you give to the needy, sound no trumpet before you, as the hypocrites do in the synagogues and in the streets, that they may be praised by others. Truly, I say to you, they have received their reward.*
 2. **Philippians 4:5–6**, *Let your reasonableness be known to everyone. The Lord is at hand; 6 do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God.*
 3. **Romans 8:32**, *He who did not spare his own Son but gave him up for us all, how will he not also with him graciously give us all things?*
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