

ANXIETY
MATTHEW 6:25-32
10/22/23

I. ANTHROPOLOGY – THE STUDY OF MAN

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?”

1. We are anxious people

~ Anxiety is built out of a desire for control but a lack thereof

2. Our worry reveals our practical atheism

~ Jesus’ response to this is to reveal God to us

II. THEOLOGY – THE STUDY OF GOD

1. God is a Provider

2. He Provides because...HE VALUES US

Mathew 6:26 - “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?”

~ Our value = His image

~ Value is determined by the price someone is willing to pay

3. He Provides because...HE SEES OUR ETERNAL NATURE

Matthew 6:30 - “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?”

~ We are eternal souls who will live on in eternity

4. He Provides because...HE KNOWS US (relationally)

Matthew 6:32 - “For the Gentiles seek after all these things, and your heavenly Father knows that you need them all.”

~ In relationship God sees and cares for our needs

~ He also knows our greatest need

Matthew 6:33 - “But seek first the kingdom of God and his righteousness, and all these things will be added to you.”

III. HOW DOES GOD PROVIDE?

Genesis 22:14 - “So Abraham called the name of that place, ‘The LORD will provide’ (Jehovah Jireh); as it is said to this day, ‘On the mount of the LORD it shall be provided.’”

1. He provides our greatest need = Life

2. He provides through a Substitute

COMMUNITY GROUP DISCUSSION QUESTIONS

1. What did you think about the message this week? What stood out to you or challenged your thinking?
2. How can worry be a sin? What does it reveal about us that we worry so much?
3. What in your life creates the most worry for you? What things in our world cause us to worry?

READ PHILIPPIANS 4:6-7

4. According to this passage what tools do we have to help with our worry and anxiety?
5. What does God promise for those who seek Him in the midst of worry? Why is it difficult for us to seek God when worry sets in?

READ 1 PETER 5:7

6. How does God care for us in the midst of our worry?
7. In the midst of worry, why is it important for a Christian to have a proper understanding of God? How do we deepen our understanding of who God is?
8. What aspects of God's character and nature comfort you when you are prone to worry?

READ PHILIPPIANS 4:19

9. How does a verse like this encourage you, especially knowing our last point – God provides for us because He knows us?
10. How can our trust in God, when we are prone to worry, be an evangelistic witness to others?