

# Freedom From Worry

Matthew 6:25

St. John  
Baptist Church

Love God • Love People • Grow Disciples



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## Sermon Notes

### Matthew 6:25 (ESV)

<sup>25</sup>“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?”

September 28, 2025

**(Answer key located on the last page)**

## **MAIN POINT 1: PUTTING \_\_\_\_\_ IN PROPER PLACE (Matthew 6:25a)**

Key Insights:

- "Therefore" connects to Jesus' teaching about serving \_\_\_\_\_ masters.
- The Greek word for "anxious" means being \_\_\_\_\_ apart.
- Worry \_\_\_\_\_ our loyalty and fractures our relationship with God.
- Most anxieties fall into two categories: "the \_\_\_\_\_" and "the \_\_\_\_\_"

Jesus' Questions:

"Is not life more than \_\_\_\_\_?"

"Is not the body more than \_\_\_\_\_?"

### **Application: The Daily \_\_\_\_\_ Practice**

Each morning, ask yourself Jesus' questions:

- "Is my life more than \_\_\_\_\_?"
- "Is my body more than \_\_\_\_\_?"

## **MAIN POINT 2: PLACING \_\_\_\_\_ IN GOD'S CARE (Matthew 6:25b)**

Supporting Verse:

"And the \_\_\_\_\_ of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus." (Philippians 4:7)

God's Provision Track Record:

- Provided \_\_\_\_\_ in the wilderness for 40 years
- Multiplied the widow's \_\_\_\_\_ and \_\_\_\_\_
- Fed Elijah by \_\_\_\_\_
- Provided \_\_\_\_\_ from rocks
- Fed \_\_\_\_\_ people with five loaves and two fish

### **Application: The Romans 8:32 Reality Check**

When anxiety hits about basic necessities: immediately quote Romans 8:32:

*"He who did not spare his own Son but gave him up for us all, how will he not also, along with him, graciously give us all things?"*

Ask yourself: "If God sacrificed His Son for my salvation, will He abandon me over groceries and rent?" Let the cross calm your fears. This isn't positive thinking - it's gospel thinking.

Set a phone reminder for this verse during anxious moments - paying bills, shopping, sleepless nights. Romans 8:32 is your anxiety antidote.

### **PERSONAL REFLECTION:**

*What area of your life causes you the most anxiety about basic needs? How can you apply Jesus' teaching from Matthew 6:25 to this specific worry?*

### **COMMITMENT:**

*Complete this statement: "This week, I will trust God instead of worrying by..."*

### **NEXT STEPS:**

- ☐ Write Jesus' questions on a notecard and place by your bed
- ☐ Memorize Romans 8:32 as your "anxiety antidote"
- ☐ Practice the Daily Reset each morning this week
- ☐ Share one way God has provided for you with someone this week
- ☐ Pray specifically about your biggest worry, surrendering it to God

*"The choice is yours: Will you continue to carry the weight of worry, or will you accept Jesus' invitation to true freedom?"*

## Answer Key

### MAIN POINT 1: PRIORITIES

Two | pulled | divides | already,  
not yet | food, clothing

**Daily Reset Practice:** Reset  
Food | clothing

### MAIN POINT 2: CONFIDENCE

**Supporting Verse:** peace

**God's Provision Track Record:** manna | oil, flour | ravens  
|water | 5,000

#### The Good News

Therefore, since we have been justified through faith, we have peace with God through our Lord Jesus Christ, (Romans 5:1)

#### The Bad News

for all have sinned and fall short of the glory of God,  
(Romans 3:23)

#### The Ugly News

For the wages of sin is death, ... (Romans 6:23a)

#### The Great News

... but the gift of God is eternal life in Christ Jesus our Lord.  
(Romans 6:23a )

#### Guess What?

You can become a Christian right now and experience salvation and the gift of eternal life through God's Son the Lord Jesus Christ! Simply Pray this Prayer Right Now! **"God thank you for Jesus Christ who died on the cross for my sins.**

**Thank you for receiving what Jesus did for me on the cross as payment for my sins. Please forgive me for my sins. Right now I accept Jesus into my heart and ask that he become my Savior and Lord! Amen!"**

If you declare with your mouth, "Jesus is Lord," and believe in your heart that God raised him from the dead, you will be saved. For it is with your heart that you believe and are justified, and it is with your mouth that you profess your faith and are saved. (Romans 10:9–10)

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