

May 2, 2018
“The Cure for Worry and Anxiety” (part 1)
Matthew 6:25-33
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“This is why 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 Look at 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 a single cubit to his height by worrying? ²⁸ And why do you worry about clothes? Learn how the wildflowers of the field grow: they don’t labor or spin thread. ²⁹ Yet I tell you that not even Solomon in all his splendor was adorned like one of these! ³⁰ If that’s how God clothes the grass of the field, which is here today and thrown into the furnace tomorrow, won’t He do much more for you—you of little faith? ³¹ So don’t worry, saying, ‘What will we eat?’ or ‘What will we drink?’ or ‘What will we wear?’ ³² For the idolaters eagerly seek all these things, and your heavenly Father knows that you need them. ³³ But seek first the kingdom of God and His righteousness, and all these things will be provided for you.” Matthew 6: 25-33

1. **Fretting (25-29):** Worry (mentioned six times in these 9 verses) is the symptom of a failure to depend on God. Phil. 4:6 (TLB) **“Don’t worry about anything, instead pray about everything.”** In practical terms, Jesus comments, what good can come from worrying.
 - a. **Sources of Worry - life, provision, circumstances**
 - b. **Signs of Worry - physical, emotional, spiritual**
2. **Faith (30): “And without faith it is impossible to please God” (Hebrews 11:6a)** Worrying is a sign of little faith.
 - a. **Sources of Faith - past experiences, counsel of others, God’s Word**
 - b. **Signs of Faith - prayer, obedience, attitude displaying fruits of the Spirit**

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