

Be Not Anxious

TEXT: Mat. 6:34

INTRODUCTION:

A. "YOU DON'T UNDERSTAND THE SITUATION."

B. A SOCIETY OF WORRIERS.

1. More \$ spent on psychologists than religion.
2. More psychoanalysts than you can shake a stick at.
3. Not satisfied with peace - must worry.

C. JESUS TELLS US NOT TO WORRY. WHY?

I. ANXIETY INDICATES A LACK OF TRUST IN GOD.

A. THE BASIC NECESSITIES OF LIFE ARE PROVIDED(**Mat. 6:25-30**).

B. GOD CARES(**Mat. 10:29-31; 1 Pet. 5:7**).

C. **Phil. 4:6-7**. "THE LORD IS MY SHEPHERD"(**Psa. 23**).

II. ANXIETY CAN SHORTEN LIFE ON EARTH.

A. ACUTE WORRY EFFECTS MIND AND BODY.

1. Body: heart, ulcers, digestion, hair, loss.
2. Mind: breakdowns, loss of concentration and initiative.

B. IT HINDERS WORKING FOR JESUS TODAY(**Luke 9:57-62**).

III. ANXIETY IS A MARK OF WORLDLY PEOPLE(Mat. 6:31-32).

A. MATERIAL GOODS ARE TRANSITORY(**Mat. 6:19-20**).

B. WE MUST LOOK BEYOND THIS LIFE. EXAMPLES:

1. Abraham(**Heb. 11:9-10**).
2. Moses(**11:24-27**).
3. Paul(**2 Cor. 4:16-18**).

C. A NOBLER PLAIN(**Col. 2:1-2**).

D. LIVE ONE DAY AT A TIME(**Mat. 6:34**).

VI. "ALL THESE THINGS(Mat. 6:33). IF WE SEEK FIRST..."

A. PHYSICAL NEEDS(**Mat. 6:25f**).

B. SPIRITUAL PEACE(**Phil. 4:6-7**).

1. God is the source of that peace(**1 Cor. 14:33**).
2. **Rom. 8:6**.
3. Peace is the result of confidence we can have as Christians
(**Rom. 8:32-39; 2 Tim. 1:12**).

CONCLUSIONS:

A. OUTSIDE CHRIST THERE IS REASON TO WORRY(**Rom. 6:23**).

B. IN CHRIST WE ARE MORE THAN CONQUERORS.