

Why are you Stressed Out?

April 13th & 14th, 2013

Matthew 6:25-34

In this passage in Matthew, Jesus gives two main points that act as “Book-ends” in this teaching: “Do not be anxious about your life” and “Seek first the Kingdom of God.”

“Do not be anxious about your life”

Definitions of “anxious”:

↳ *Merimna (Greek)*: “To draw in different directions; distract.”¹

↳ *Anxiety*: “Concern or solicitude respecting some event, future or uncertain, which disturbs the mind and keeps it in a state of painful uneasiness. . . .”²

➤ Anxiety can cause worry, restlessness, fatigue and concentration problems.

❖ Life is more than food and clothing!

♦ Jesus uses creation as an illustration of God’s unsolicited provision.

“Look at the birds of the air: they neither sow nor reap nor gather into barns, and yet your heavenly Father feeds them. . . . Consider the lilies of the field, how they grow: they neither toil nor spin, yet I tell you, even Solomon in all his glory was not arrayed like one of these.” Matthew 6:26, 28-29

♦ We are of great value to God!

❖ Life has a span of time determined by God! *Matthew 6:27*

“Your eyes saw my unformed substance; in Your book were written, every one of them, the days that were formed for me, when as yet there was none of them.” Psalm 139:16

“And which of you by being anxious can add a single hour to his span of life? If then you are not able to do as small a thing as that, why are you anxious about the rest?” Luke 12:25-26

♦ To add to this life span is impossible for us!

❖ Life is worrisome for the non-believers!

📖 Luke 12:29-30

“Seek first the Kingdom of God”

“We are to make God’s sovereign rule, and a right relationship with Him, the highest priority in life. . . .

Worry is inconsistent with this priority; it doubts the sovereignty or goodness of God and distracts from the true goals of life. God will meet all the needs of those who risk all for Him.”³

“Seek First”: “To go in and search or quest for; to look for; to take pains to find; to endeavor; to make an effort or attempt. . . .”⁴

❖ Seeking God is an act of faith and trust!

“You will seek me and find me, when you seek me with all your heart.” Jeremiah 29:13

“With my whole heart I seek You; let me not wander from Your commandments!” Psalm 119:10

“If then you have been raised with Christ, seek the things that are above, where Christ is, seated at the right hand of God.” Colossians 3:1

“And without faith it is impossible to please Him, for whoever would draw near to God must believe that He exists and that He rewards those who seek Him.” Hebrews 11:6

“The Kingdom of God”

❖ God’s Sovereignty

“Ah, Lord God! It is You who have made the heavens and the earth by Your great power and by Your outstretched arm! Nothing is too hard for You.” Jeremiah 32:17

❖ God’s Provision

“Fear not, little flock, for it is your Father's good pleasure to give you the kingdom.” Luke 12:32

❖ God’s Righteousness

“Therefore, as one trespass led to condemnation for all men, so one act of righteousness leads to justification and life for all men. For as by the one man's disobedience the many were made sinners, so by the one man's obedience the many will be made righteous.” Romans 5:18-19

↳ Righteousness is doing what is right before God!

❖ God’s Rule

“Why do you call me ‘Lord, Lord,’ and not do what I tell you?” Luke 6:46

↳ “Not my will but Yours be done”

“All these things will be added to you”

↳ This is God’s promise to His followers!

“Do not be anxious about tomorrow”

“Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.” Philippians 4:6-7

“Say to those who have an anxious heart, ‘Be strong; fear not! Behold, your God will come with vengeance, with the recompense of God. He will come and save you.’” Isaiah 35:4

Endnotes:

¹ Vine, W.E. *Vine’s Expository Dictionary of Old & New Testament Words*. Nashville: T. Nelson Publishers, 1997.

² Webster, Noah. *American Dictionary of the English Language (1828 Facsimile Edition)*. San Francisco: Foundation for American Christian Education, 1989.

³ Sproul, R.C. *The Reformation Study Bible*. Orlando: Ligonier Ministries, 2005.

⁴ *Webster’s Dictionary of the English Language*. New York: Webster’s Press, 1977.

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