

I. Introduction

A. Matthew 6:19-34 = three commands

1. Lay up for yourself treasures in Heaven.
2. Do not be anxious.
3. Seek first God's kingdom.

B. What we've learned

1. When we pursue wealth (money, stuff, treasure) for wealth's sake, we believe it is the solution to our problems.
2. Material wealth is dangerous when we see it as the solution because it gives a false sense of security.

**Remember the nature of earthly gain ... mo' money, mo' problems

C. Where we're going today

1. All nature depends on God; only man depends on money.
2. Today, what Jesus is forbidding, calling sin, is worry. He is not calling out responsible provision for one's own and one's family needs. He actually expects that.

**God provides food for birds but they have to set out from the nest and work to find it!

II. Part 2

A. Anxiety (worry/fear, anger)

1. Research: Our brains have a negativity bias (I believe explained by our sin nature.)
 - a. Quickly access vivid and detailed words for disaster stories
 - b. Struggle with remembering positive words

**How was your trip?

-Good. We had fun. I'm glad we went.

-Oh my gosh, it was awful! We saw this horrendous crash on the freeway and the car was mangled and there were body parts severed and laying all over the ...

2. Worry is investing in a future you don't want.
 - a. Destroys the present
 - b. Imagines a future you don't even have

**Say this with me: God has no intention to ruin my life.

B. Eight reasons you don't have to be anxious:

1. Life is more than food and the body is more than clothing (verse 25)
 - a. In Christ, you are immortal (and by the way, there can be more than one ...).
 - b. Therefore even death is gain.
2. You are more valuable than the birds that God feeds (verse 26).
 - a. God provides food for birds.
 - b. God values you more than the birds (contrary to what PETA claims).
3. Anxiety accomplishes nothing (verse 27)
 - a. Anxiety is a useless emotion.
 - b. Lifespan of pure emotion = about 90 seconds

4. Lilies and grass are clothed by God for a day, but you are His eternal focus (verses 28-30)
 - a. If God lavishes beauty on the momentary, then how much more would He do for the eternal?
 - b. Anxiety is, at its base, a trust issue.
5. Anxiety exists in the void of Christ (verses 31-32a).
 - a. Characterizes the world
 - b. You are not of the world but of Christ.
6. God knows what you need (verse 32b)
 - a. You have a dad who knows.
 - b. You have a dad who is active.
7. God will supply all you need to do what He's called you to do (verse 33).
 - a. Q1: Are you surrendered to God?
 - b. Q2: Do you trust Him with your life?
8. God doesn't overload a single day with trouble (verse 34)
 - a. God promises necessary provision but He doesn't promise freedom from trouble.
 - b. Deal with today's trouble, don't reach for tomorrow's - God will give you grace when tomorrow comes.
 - c. Lamentation 3:22-24

"The steadfast love of the Lord never ceases; His mercies never come to an end; they are new every morning; great is Your faithfulness." "The Lord is my portion," says my soul, "therefore I will hope in him."

C. Anxiety Equation

1. Three little words ... not birds but thanks Bob Marley (Sirius station, the joint)
 - a. verse 30 = Faith: trusting God to meet your needs
 - b. verse 32 = Father: knowing He cares for His children
 - c. verse 33 = First: putting God's will first in your life so He might be glorified

**If we have faith in our Father and put Him first, He will meet all our needs.

**Recognition:

Many today (including Christians) do not have their needs met. This passage challenges us to consider how God's provision relates to human responsibility, simplicity, and misuse of what He has provided.

2. How do we do this?
 - a. It all begins with identifying what you treasure and making sure that you treasure the right things in the right order.
 - b. God's provision
 - 1) Other people - professional and regular
 - 2) Doctors and medication - pride often keeps us from proper treatment

**Bottom line: if you don't replace what you treasure, then all the counseling and medication in the world will be but a temporary bandaid. You have to treasure the right things.

D. "Ok, but I can't stop." Two suggestions to begin with:

1. Name your anxiety (worry, fear, anger)
 - a. Crazy uncle who goes with you everywhere in life
 - b. Frank (anger) and Charlie (worry)

**I can let them have a voice but not a vote.

2. Make a list of your anxieties:
 - a. Full control: on you
 - b. Partial control: not all on you; you have some degree of influence
 - c. No control: give completely to God through humility and prayer

III. Going forward

- A. We don't have to be anxious ...
 1. About the election
 2. About the world
 3. About (fill in the blank)
- B. We are called to seek God's kingdom first.
 1. In your life ... humility, surrender, trust?
 2. In our world ... the church, personally?
- C. Next week: Commitment Sunday
 1. Laying up for yourself treasures in Heaven
 2. Don't hoard because of anxiety.
 3. Seek God's kingdom today.