Sermon Outline
The Peace of Seeking God
Matthew 6:25-34

Big Idea:
Seeking God First helps drive out Anxiety. We must fight to trust His Sovereign Goodness in our lives.

Context:
Sermon on the Mount-Talking to His disciples with the crowd around listening in.
Repent and believe the gospel (John & Jesus).

Context:
Matthew 6-Don’t be hypocrites
Can’t serve two masters: God of mammon or God of Everything. Live for this life or the life to come.

Question:
What makes you anxious? What makes me lose peace? Lose sleep? Mind to wander? Make me think about pending loss?

Text:
Matthew 6:25-34

25 “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? 26 Look at the birds of the air: they neither sow nor reap nor gather into barns, and yet your heavenly Father feeds them. Are you not of more value than they? 27 And which of you by being anxious can add a single hour to his span of life? 28 And why are you anxious about clothing? Consider the lilies of the field, how they grow: they neither toil nor spin, 29 yet I tell you, even Solomon in all his glory was not arrayed like one of these. 30 But if God so clothes the grass of the field, which today is alive, and tomorrow is thrown into the oven, will he not much more clothe you, O you of little faith? 31 Therefore do not be anxious, saying, ‘What shall we eat?’ or ‘What shall we drink?’ or ‘What shall we wear?’ 32 For the Gentiles seek after all these things, and your heavenly Father knows that you need them all. 33 But seek first the kingdom of God and his righteousness, and all these things will be added to you.

34 “Therefore do not be anxious about tomorrow, for tomorrow will be anxious for itself. Sufficient for the day is its own trouble.

Big Idea:
Seeking God First helps drive out Anxiety. We must fight to trust His Sovereign Goodness in our lives.
Outline:
Principle - Stay Focused on God
Practices: 6 Practices that help war against anxiety
Promises: What God promises as a result

Principle:

Logic of the Chapter - Avoiding the danger of being people pleaser’s and living for only this life. Living for an audience of one and for the life to come. What other’s think and the treasures of this world will breed anxiety. Whole-hearted devotion to God weeds this out.

Therefore - Seeking the kingdom of God has very practical consequences! Some worry about being so heavenly minded that they’re no earthly good while the bible warns of the exact opposite, being so earthly minded that you’re no heavenly good.

Why talk about anxiety here and not something else? Anxiety often brings about other sin. Finances-Relationship-Appearance-How will someone else respond-Control-Health….. If we have victory over anxiety often other sinful areas in our life will begin to experience healing.

Only people who experience freedom from true and deep anxiety are those who have placed their faith in Jesus Christ. Anxiety is bringing tomorrow’s worries into today. I might urge you to seek Christ and place your faith in Him to experience His peace.

If you’re a Non-Christian, you should worry. Perhaps everything in this life is going well but you’re not thinking far enough ahead. Worry more about the day you meet God face to face, not how things in this life will go. Forsake this world and yourself and cast yourself wholly upon Christ.

Jesus talking to disciples here. He is our peace. Isaiah 9:6 For to us a child is born, to us a son is given; and the government shall be upon his shoulder, and his name shall be called, Wonderful Counselor, Mighty God, Everlasting Father, Prince of Peace.

Isaiah 53:5 But he was pierced for our transgressions; he was crushed for our iniquities; upon him was the chastisement that brought us peace, and with his wounds we are healed.

Ephesians 2:14 For he himself is our peace, who has made us both one and has broken down in his flesh the dividing wall of hostility.

Practices:

Think of as tool belt - Put them in and some will hit but others might be applicable later in life.
1.) Commit your whole life and body to Christ and NOT to Necessities
Vs. 25

25 “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?

These are necessities! Don’t commit our lives to the things that facilitate life rather than what life is actually about.
Fasting as a preview of this commitment. It reveals what we truly hunger and thirst for is God’s kingdom, His righteousness and not full and comfortable bellies and lives.

- Daniel
- Esther
- Shedrack, Meshach, Abednego
- Jesus
- Acts

2.) Don’t depend on work or self, but God who values you.
Vs.26

26 Look at the birds of the air: they neither sow nor reap nor gather into barns, and yet your heavenly Father feeds them. Are you not of more value than they?

Don’t ultimately rely upon work or yourself for your provision! Look at Nature.
-Not against work. Not against working hard. Against relying upon work and upon yourself as the ultimate provider. God is the gift giver, and everything flows from His hands.

God values us! Made in His image. Are we of not more value and will God not care for us deeply.

Are we working hard and trusting God with the results?

3.) Stick with what works
Vs.27

27 And which of you by being anxious can add a single hour to his span of life?

How does anxiety work? How does a anxious life strategy increase your life span?

Lots of people commit to worrying as a life strategy, as a way of life
Ex.) Tell someone who’s worried to stop worrying and they’ll likely defend the way of worrying to you. They’ll tell you all the reasons they should be worrying and why NOT worrying is a foolish way of life.
4.) If we want to beat worry we must confess
Vs.28-30

28 And why are you anxious about clothing? Consider the lilies of the field, how they grow: they neither toil nor spin, 29 yet I tell you, even Solomon in all his glory was not arrayed like one of these. 30 But if God so clothes the grass of the field, which today is alive, and tomorrow is thrown into the oven, will he not much more clothe you, O you of little faith?

-God is so careful and provisional with such temporary things such as grass and lilies. See how beautiful and graceful God is with these lesser things.

-Grass and flowers were thrown in over to cook the daily bread! Daily bread was cooked not with wood but with the grass and flowers of the field. The trust contained here is that we’re going to die. All of us.

He throws out here that the weapon we have been given to fight fear and anxiety is faith that God is ultimately good and reigns and rules over our lives in a way that is richer in wisdom than our own reign over our lives.

Confess my own anxiety:
Control over the Future so I or others wouldn’t be hurt-be safe.

Psalm 53:6 -When I am afraid I put my trust in you.

5.) Do not be worldly, trust the Father who knows your need
Vs.31-32

31 Therefore do not be anxious, saying, ‘What shall we eat?’ or ‘What shall we drink?’ or ‘What shall we wear?’ 32 For the Gentiles seek after all these things, and your heavenly Father knows that you need them all.

Heavenly Father- He knows what we need. We don’t live as if we don’t have a Father who knows and loves us. That would be worldly. God knows the things we need and we trust His Sovereign goodness in our lives.

6.) Do not borrow tomorrow’s trouble’s, live in today’s grace
Vs.34

34 “Therefore do not be anxious about tomorrow, for tomorrow will be anxious for itself. Sufficient for the day is its own trouble.

Lamentations 3:22-23
The steadfast love of the LORD never ceases, his mercies never come to an end; 23 they are new every morning; great is your faithfulness.

Swedish Hymn
He whose heart is kind beyond all measure, Gives unto each day what he deems best—Lovingly, its part of pain and pleasure, Mingling toil with peace and rest

Be thankful for today. God has apportioned both pain and pleasure for each day. Enough grace for this day and not the next.

Promise:
33 But seek first the kingdom of God and his righteousness, and all these things will be added to you.

BUT

Think of 20,000 years from now.

Phil. 4:6-7;19
6 do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. 7 And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus. 19 And my God will supply every need of yours according to his riches in glory in Christ Jesus.