

Stop Worrying – Matthew 6:24-34

Big idea: The one cure for anxiety is not found in self, money, control, or earthly security, but in resting in our heavenly Father through Jesus Christ—who has the wisdom to guide us, the power to help us, and the love to care for us.

Introduction – Jesus teaches that anxiety is not cured by looking inward or by trusting money, control, medicine, planning, or earthly security as our master. The one cure for worry is resting in our heavenly Father through Jesus Christ, who has the wisdom to guide us, the power to help us, and the love to care for His children.

1. Stop Worrying by Trusting Your Master (Matt 6:24-25) – Jesus traces worry back to the heart: “No one can serve two masters.” Worry is fruit; worship is the root. Anxiety reveals what we are trusting for security, peace, and provision, and so it must be repented of as sin, not excused as a harmless personality trait. God’s written Word cuts down the lies worry lives on, and God’s living Word, Jesus Christ, guarantees every promise with His cross and resurrection. Romans 8:32 and Romans 5:8 teach us to fight present fears by looking back to Calvary: if God did not spare His own Son, He will not fail to give His children what they truly need. The God who clothed Adam and Eve after their sin (Gen 3:21), who invites us to cast our cares on Him because He cares for us (1 Pet 5:7), and from whose love nothing can separate us (Rom 8:38-39), is not a hard master but a faithful Father. Present troubles lose their crushing power when set beside the greater burden Christ already carried for us. Remember: God’s peace came in the Person of Jesus, and whatever comes into the believer’s life has passed through our God’s hand that bears nail marks assuring us of His love.

Scriptures used: Matthew 6:21, 24–25; Psalm 20:7; Romans 8:32; Romans 5:8; Matthew 7:11; Matthew 23:37; Genesis 3:21; 1 John 4:10, 18; Romans 8:38–39; Psalm 37:25; 1 Peter 5:7; Philippians 4:7.

2. God’s World Proves What God’s Word Promises (Matt 6:26-27) – Jesus tells anxious saints to look. The birds preach daily sermons on providence: they do not sow, reap, or gather into barns, yet the Father feeds them. In Luke 12:24 Jesus even points to ravens—unclean birds—so the lesson is from the lesser to the greater: if God provides for birds, even ravens, how much more will He care for His blood-bought children made in His image. Creation is evidence that the God who provided yesterday has not changed today. Our worries must be poured through the filter of God’s character, covenant, Christ, and cross. Isaiah 49:15, Psalm 131:2, Ephesians 1:11, Job 38, Isaiah 55:8-9, and Psalm 127:2 all teach the same lesson: peace comes not from understanding everything, but from standing in awe of the God who does. Worry does not work. It cannot add a cubit to height or an hour to life. It solves nothing, but it can steal joy, peace, and sleep.

Scriptures used: Matthew 6:26–27; Luke 12:24; Leviticus 11:13, 15; Isaiah 49:15; Psalm 131:2; Ephesians 1:11; Job 38:4, 12; Isaiah 55:8–9; Psalm 127:2.

3. To Stop Worry: Consider the Lilies (Matt 6:28-30) – Jesus tells us not only to look, but to consider. The lilies do not toil or spin, yet Solomon in all his glory was not clothed like one of these. Human glory blooms briefly and then passes away, but the Word of our God stands forever (Is 40:6-8). If God so clothes grass and flowers that today are alive and tomorrow are thrown into the oven, will He not much more clothe His own children? The flower is preaching better theology than all our worrying: the world is not upheld by anxiety, but by our Father. This means freedom from worry is largely a battle of the mind. We must stop listening to ourselves and start preaching to ourselves with God’s promises. For hard decisions: Psalm 32:8. For fear: Isaiah 41:10. For suffering: Romans 8:18. When growth seems slow: Philippians 1:6. Christ calls us to think our way out of anxious prisons by considering His faithful promises.

Scriptures used: Matthew 6:28–30; Isaiah 40:6, 8; Ecclesiastes 5:15; 2 Corinthians 5:4; Psalm 32:8; Isaiah 41:10; Romans 8:18; Philippians 1:6.

4. Stop Worrying: You Are God’s Children (Matt 6:31-34) – Jesus says worrying makes us live like pagans, because the Gentiles seek these things as if they must provide for themselves. But the Christian has a heavenly Father who knows what His children need. There is only one people in the world with no ultimate reason to worry: those who belong to Christ. The bridge from worry to contentment is crossed when we remember our benefits. Psalm 103 teaches us to bless the Lord by forgetting not all His benefits: He forgives, heals, redeems, crowns, and satisfies His people. Philippians 4:19 promises that God will supply every need of His people according to His riches in glory in Christ Jesus. Therefore we are free to seek first the kingdom of God and His righteousness, trusting that tomorrow is already in our Father’s hands. The God who renewed His mercies this morning will still be God tomorrow, and through the resurrection Christ can tell His people not to fear the future, because He waits there for them.

Scriptures used: Matthew 6:31–34; Philippians 4:19; Psalm 103:2–5; Lamentations 3:22–23.

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