

SERMON ON MT. THE CHRISTIAN AND ANXIETY

MATTHEW 6:25-34, 7:7-12

Today we continue our Sermon on the Mount Series,
And Jesus turns our attention from Christian and love to
The Christian and anxiety.

If there is any area in life where we
Should be the salt of the earth
and the light of the world,
It is in the arena of overriding anxiety and worry.

SLIDE ---Is there ever a day in our lives that is not filled with opportunities for worry,
our children, jobs, health, the weather, economy, even in Aberdeen, we worry with all the
home robberies and shoplifting that is going on

SLIDE--- even in our own neighborhoods.
Things happen!

Listen to the letter of worry from people writing to dear Abby,

Dear Abby, Our son writes that he is taking Judo. Why would a boy who was raised in a
good Christian home turn against his own?

Dear Abby, A couple of women moved in across the hall from me. One is a middle-aged
gym teacher and the other is a social worker in her mid twenties. These two women go
everywhere together and I've never seen a man go into their apartment or come out. Do
you think they could be Lebanese?

Dear Abby, I suspected that my husband had been fooling around, and when I confronted
him with the evidence he denied everything and said it would never happen again.

Worry is like a dense fog over us.

Covers a seven-city-block area one hundred feet deep

And be composed of less than one glass of water
divided into sixty thousand million drops.

Not much is there but it can cripple an entire city.

Linus was talking to Charlie Brown in the comic strip PEANUTS, and observed: "I
guess it's wrong always to be worrying about tomorrow. Maybe we should think only
about today." Charlie Brown replied, "No, that's giving up. I'm still hoping that yesterday
will get better."

JESUS BEGAN BY

SLIDE----I. WARNING US ABOUT WORRY

Therefore I tell you, do not worry about your life...Matthew 6:25

LIFE is the Greek word we get psychic, psychology, psychiatrist.
In other words it has to do with our personhood,
Who we are, our being.

The biblical word for worry here is:

SLIDE----Merimnao--It is a compound of two Greek words:

Merizo (to divide) and

Nous (the mind)

Worry divides the mind on the now and the not yet.

It drains the energy God gives us to face daily problems
and to fulfill our responsibilities.

It is therefore a sinful waste.

**SLIDE----Jesus says: "You cannot add anything to your life by worrying about it.
Matthew 6:27**

**Have we been so programmed to compete, achieve, increase, fight,
and worry our way up the so-called "ladder of success"**

That we have exhausted ourselves, and left nothing for our children and spouse?

The personnel manager of a large corporation WORRIED over employee problems.

One night while perusing the newspaper he read an article about how stress and tension drive some people to drugs. "I can understand that," he said to his wife. "I'd probably be on drugs myself if I weren't taking tranquilizers."

Worry is not a disease,

But it causes disease.

It has been connected to high blood pressure,

Heart trouble, blindness, migraine headaches,

Thyroid malfunctions, and a host of stomach disorders.

A Doctor at John Hopkins University said:

**"We do not know why it is that worriers die sooner than the non-worriers,
but that is a fact."**

You have hear someone say: "You're going to worry yourself to death."

Its true, and maybe because we are constructed of nerves and tissue,
brain cell and soul,

for faith and not for fear.

If worry worked it might be worth it.

But it doesn't

Worry had never brightened a day,

Solved a problem

Or cured a disease.

Brought a romance

Passed a test.

Won a game.

Or got you into heaven.

JESUS WARNS US OF THE DANGER OF ANXIETY

NEXT JESUS WARNS US OF THE

SLIDE -----II. COMMON AREAS OF ANXIETY

²⁵"Therefore I tell you, do not worry about your life, what you will eat or drink;

Notice what he adds on to our worry about life: FOOD

1. THE FIRST AREA JESUS WARNS US ABOUT IS FOOD

Now in Jesus time there wasn't much food.

Mom and Dad worried if their children would have enough.

Jesus was talking to the very poor.

Who were worrying where they would get the next meal.

You remember the little boy with the five loaves and two fishes.

SLIDE----²⁶Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they? Matthew 6:26

Jesus being God also saw our worries about food
2000 years latter.

It is not about lack of food we worry about?

Its about the abundance,

SLIDE-----It is about the problem of obesity in our children

Now don't get me wrong:

Jesus would say we need to be concerned.

But let not let the concern of their size,

Rule out the concern for their soul.

What about all the binging and purging abuses by adults?

If we spend as much time on devotions as we spend on expulsions

Would we not be healthier?

Did Jesus know that dieting would be a billion dollar industry?

Shortly after Christmas a woman called the book store and asked for a popular diet book. The clerk told her they had it on order and that copies would arrive mid-January if she could wait. "Oh, I don't need it until February," she replied. "I've got a lot of chocolate to eat first."

Worry causes us to eat light, drink light, sleep light, work light, live light, and worship light. Wonder why life doesn't have more meaning.

**SLIDE ----Take no thought for your life, what ye shall eat, or what ye shall drink....Vs. 25
Its not what goes into a man that defiles the man its what comes out of his heart.**

SLIDE ----2. JESUS WARNS US ABOUT FASHION

Take no thought about what you wear—Matthew 6:25

There wasn't a lot of clothing for the poor.

The garments came from Mesopotamia and Persia.

Only the rich could afford, the poor had to make their own.

But today, one of our largest industries is the clothing industry.

It feeds on the worry about being fashionable,

About how we look

SLIDE -----²⁸"And why do you worry about clothes? See how the lilies of the field grow. They do not labor or spin.

SLIDE---- ²⁹**Yet I tell you that not even Solomon in all his splendor was dressed like one of these Matthew 6:28-29**

Our concern today is not lack of clothes,
 But the overabundance of clothes,
 And which fashion will we look good in?
 Our stores are full of discarded fashions and 70% discounts.
 We are forced to haul out as much out of our closets as we haul in.
 And we worry if we hauled the right things.

-Jesus says: Take no thought about what you wear—Matthew 6:25

Did Jesus know we would be so concerned
 about being fashionable dressed on the outside,
 that we would neglect how we live on the inside?
 Oh but Jesus,
 We have to look right,
 We get our hair done,
 Our nails done,
 And our skin done
 Our bulges done
 Our tummy tucked.
 So we don't have to worry about how we look
 After we have spent all that time worrying about what to wear.

SLIDE---- **Is not life more important than food, and the body more important than clothes? Matthew 6:25**

So Americans spend more on tanning and fitness
 Than we ever thing to spend on training in our faith.
 Because we worship at the shrine of human beauty.
 And our giving reeks of theft of God's storehouse.
 As We spend to keep fit and fashionable,
 Neglecting our faith and fellow man.

SLIDE ----3. JESUS WARNS US ABOUT OUR LONGEVITY

²⁷**Who of you by worrying can add a single hour to his life? Matthew 6:27**

We have a whole industry that does nothing but
 Try to keep us from aging.
 From Vitamins to natural foods,
 Tuck and botox,
 Plastic surgery, Liposuction.
 All trying to keep us young.

Emily was visiting her mother and they went for a walk.

On the way they bumped into an old family acquaintance.
 The woman asked: "Is this your daughter? Yes.
 "Oh, I remember her when she was this high. How old is she now?
 "Without pausing, Emily's mother said, "Twenty-four."
 Emily, 35, nearly fainted on the spot.
 After everyone had said their goodbyes,

Emily asked her mother why she'd told such a whopper.
 "Well," she replied, "I've been lying about my age for so long,
 it suddenly dawned on me that I'd have to start lying about yours too."

If you are spending time wondering how to extend your life.
 You are worrying for nothing.
 Our lives are in God's hands,
 The number of days of our life has been given us at birth.

**SLIDE -----Psalms 139:16 All the days ordained for me were written in your book
 before one of them came to be. Psalms 139:16**

Not wonder Jesus said: O you of little faith? ³¹So do not worry, saying, 'What shall we eat?' or 'What shall we drink?' or 'What shall we wear?' ³²For the pagans run after all these things, and your heavenly Father knows that you need them.

Would Jesus call you a person of "Little faith" today,
 Because of your worry, your anxiousness of your life?
 Your obsession with self,
 Overrules your lack of concern for others, and for the church?
 Valid concern for others is one thing that Jesus commended.
 But selfish anxiety is soundly criticized and condemned.

Jesus was saying.
 I made your body,
 I make your personhood.
 I am certainly capable of keeping them going.
 Will you trust me to work out my purpose in your life?
 Will you love God first, and then your neighbor as yourself?

Then, Jesus move us to HIS

SLIDE ----III. ANSWER TO ANXIETY

FIRST: TRUST GOD FIRST

³³But seek first his kingdom and his righteousness, and all these things will be given to you as well. Matthew 6:33

God is not surprised by life.
 God is not going to suddenly withdraw his upholding power,
 After all these years of sustaining me?
 The antidote to worry is trust God first!

The Bible gives us three fold guide.

- SLIDE----**1. Fret not--He loves you (John13:1)
 2. Faint not--He holds you (Psalm 39:10)
 3. Fear not--He keeps you (Psalm 121:5)

God accepts full responsibility for you.
The second answer to anxiety Jesus gives is:

SLIDE-----SECOND: SEEK GODS ANSWERS

⁷"Ask and it will be given to you; seek and you will find; knock and the door will be

opened to you.

SLIDE--- ⁸**For everyone who asks receives; he who seeks finds; and to him who knocks, the door will be opened. Matthew 7: 7-8**

Who do you trust for the need of your life?

Where do you turn first for answers to your problems?

Google, or God?

God says --Ask, you shall receive,

Seek you shall find,

Knock and it shall be opened to you.

The three things we need to ask God for are:

SLIDE----- First – forgive us our sin of Worry..

Second-- to fill us with contentment.

Third—To find us a place of service,

Jesus gives us the Third answer for anxiety;

SLIDE ----Third: LIVE FOR TODAY.

Jesus ends this passage by giving us the third key.

³⁴**Therefore do not worry about tomorrow, for tomorrow will worry about itself.**

Each day has enough trouble of it's own. Matthew 6:34

In other words live one day at a time.

Every Alcoholic here knows that is the key to sobriety.

We only have today to live,

So lets not worry about what happened yesterday,

Or what might happen tomorrow.

Lets live a life full of loving God and serving others.

And you WILL DISCOVER,

THAT THE rest of our life

Well,

it will take care of itself.

Since God assured us,

“I'll never let you down, never walk off and leave you” Hebrews 13:5 (The Message).

WILL YOU GIVE GOD YOUR WORRIES TODAY?

AND WILL YOU TRUST HIM WITH YOUR LIFE?