



March 29, 2020
Pastor Mike Plett
Text: Matthew 6:25-34

“Anxiety in a man’s heart weighs him down, but a good word makes him glad.”
Prov. 12:25

An attempt at a biblical definition of Anxiety
“Carrying concerns in this world in such a way that we lose perspective on life and/or lack trust in God.”



#1 Your life is about more than what this world can offer you. (vs. 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?

#2 Your life is about trusting the God who eternally values you.
(vs. 26 & 30)

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?

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

#3 Anxiety is not helpful. (vs. 27)

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

#4 Anxiety is for unbelievers. (vs. 31)

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

#5 God your heavenly father knows all that you need. (vs. 32 & 33)

For the Gentiles seek after all these things, and your heavenly Father knows that you need them all. But seek first the kingdom of God and his righteousness, and all these things will be added to you.

#6 God your heavenly father will supply all that you need. (vs. 33)

#7 God gives you mercy today for trouble today, and mercy tomorrow for trouble tomorrow. (vs. 34)

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

Real and False Hope:

Real hope is that in the midst of trouble God’s got us.

False hope is that God won’t allow truly big troubles to happen to me.

John 16:33 *“I have said these things to you, that in me you may have peace. In the world you will have tribulation. But take heart; I have overcome the world.”*



Where is your anxiety level at?

(Message in large part taken from a sermon by David Platt “Peace in a Pandemic - Part 1”, March 15, 2020)