

"3 'Therefore's' for The Anxious"

4-26-2020 AM

Text - Matt. 6:19-34

Intro. * Daniel Boone in his 80's - "Bewildered for 3 days" ~ Actor Fess Parker

- Life is filled with pain, pressure, pitfalls, & problems.
Now, especially in these days of the Corona-virus, STRESS, ANXIETY, & WORRY can get to the best of us. We will either learn to conquer it or it will conquer us -

- Spurgeon, "Anxiety does not empty tomorrow of its sorrows, but only empties today of its strengths."

- Someone said, "Worry is like a rocking chair, it gives you something to do but doesn't get you anywhere."
- Vance Havner?

* - Matthew 6 ~ Jesus addresses the issue of ANXIETY/WORRY/STRESS

* Our passage ~ vs. 19-34 can be broken down by the word,

"THEREFORE" - used 3 times in our passage

* Lockyer's Book
"The Sins of the Saints"
(see notes)

- ✓ vs. 25 - "take no thought"
- ✓ vs. 31 - "take no thought"
- ✓ vs. 34 - "take no thought"

This does not mean we should not PREPARE or take PRECAUTIONS but that we should not worry ourselves sick or "overly" worry!

① THE SUBSTANCE OF LIFE - vs. 25-30 ~ "...is not the life more than meat, and the body than raiment?"

* Information ~ "your body"
"your life"
"your heavenly father"

* Illustration ~ Fowls/Flowers/Figure (stature)
"height"

② THE STRESS OF LIFE - vs. 31-32

* We all have stress, but deadly w./f is the issue - we can be:
→ Physically Destructive and → Spiritually Depleting

- * FOOLISH (act)
- * FARMLESS "fath"
- * FECKLESS (w/o effect)
- * FATHERLESS

③ THE SELECTION OF LIFE - vs. 33-34

- ✓ * Principle ~ stop worrying/seeking the wrong things
- ✓ * Priority ~ seek God's Kingdom FIRST
- ✓ * Person ~ "the kingdom of God"

"You have to make a choice, decide to trust God..."