

Sermon Outline for Matthew 6:25-34 “Trusting God in Anxious Times” (4/5/20)

A. DON'T BE ANXIOUS ABOUT YOUR LIFE, YOUR BODY, OR TOMORROW

- i. Life is so much more than these (v25)
- ii. Ornithology and anthropology (v26)
- iii. Anxiety does you no good (v27)
- iv. Botany and belief (vv28-30)
- v. Your heavenly Father knows what you need (v32)
- vi. You've got enough to do today (v34)

(When the 'whys' are the 'hows')

B. SEEK FIRST THE KINGDOM OF GOD AND HIS RIGHTEOUSNESS

- i. The kingdom of God
- ii. His righteousness
- iii. How do you seek these first?

C. TRUSTING AND FOLLOWING JESUS

ESV **Matthew 6:25-34**

25 "Therefore (in light of 6:19-24) 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? (v25 is the heading over vv26-30)

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 (for all the above reasons)
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 (in light of vv31-33)
do not be anxious about tomorrow,
for tomorrow will be anxious for itself.
Sufficient for the day is its own trouble.