

## **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.