

FIRST BAPTIST CHURCH OF SONOMA

Exalting Jesus through the preaching of His Word

Sundays at 10:30 AM · 542 First St E, Sonoma, CA

Overcoming Anxiety

MATTHEW 6:25-34

Know your Father. Seek His kingdom. Leave tomorrow in His hands.

1 The Meaning of Anxiety (vv. 24-25)

- “For this reason” looks back to v. 24: “You cannot serve God and wealth.” Anxiety is a **divided heart**.
- **a. Godly** _____ — not sin; it is love (Phil 2:20; 2 Cor 11:28).
- **b. The** _____ **of Distress** — Jesus was “grieved and distressed” in Gethsemane (26:37-38). A temptation, not yet a transgression.
- **c. The Worry Jesus** _____ — not a feeling to be scheduled, but unbelief to be repented of.
- **Meaning:** Anxiety is attempting to carry _____ burdens instead of trusting in your Father’s care _____.

2 The Futility of Anxiety (vv. 26-31, 34)

- **a. Anxiety Forgets Our** _____ — He feeds the birds and clothes the lilies. You are His child (vv. 26-30).
- **b. Anxiety Weakens Our** _____ — “You of little faith”: a rebuke with an outstretched hand (14:31).
- **c. Worry Steals from Our** _____ — tomorrow belongs to God; today He has given to you (v. 34).

3 The Remedy for Anxiety (vv. 32-33)

- **a. Know Your** _____ — He adopts (1 John 3:1), cares (1 Pet 5:7), values (Matt 10:31), and forgives (Luke 15:20).
- **b. Seek His** _____ — first in priority. Live under Christ’s rule; obedience grounds you in today.

CONCLUSION — A Different Card

- **Side one:** “casting all your anxiety on Him, because He cares for you” (1 Pet 5:7).
- **Side two:** “seek first His kingdom and His righteousness” (Matt 6:33).
- When worry comes, cast it on your Father, then ask: **What does seeking His kingdom look like today?**

TAKE IT HOME

- **Anxious believer:** The feeling is not the sin, but where are you taking it?
- **Anxiety battle?** His grace is sufficient for you today (2 Cor 12:9).
- **Every believer:** Spend today’s concern on today’s obedience, not tomorrow’s troubles.