

**Matthews Gospel "The Sermon On The Mount"**  
**"The Christian and Anxiety"**  
**Matthew 6:25-34**  
**Part 35**

The Greek word Anxiety – which Jesus uses, means, "To be drawn in two different directions, to be pulled apart."

The English word Worry - comes from an old German word meaning to "strangle, or choke"

Jesus Say's "Don't be anxious" 3 times

1. Matthew 6:25
2. Matthew 6:31
3. Matthew 6:34

**7 Principles For Dealing With Anxiety:**

**1. Verse - 25 Anxiety Reveals Short Sightedness:**

Do not be anxious for your life, (KJV) "take no thought for your life."

2 Thessalonians 3:10

1 Timothy 5:8

Romans 8:32

## **2. Verse - 26 Anxiety is Senseless:**

- Peter doubted and began to sink in the water.
- Worried about paying taxes.
- Worried about who would betray Jesus.
- Worried about Jesus having to suffer.
- Worried about who would protect Jesus, and tried to defend Jesus.

1 Peter 5:7

## **3. Verse - 27 Anxiety is Useless:**

Cubit is a linear measurement. It is 18-22 inches. It is from the index finger to the elbow.

Cubit is also a symbol of for measurement, example a span of time.

## **4. Verses – 28-30 Anxiety is Faithless:**

## **5. Verses – 31- 32 Anxiety is For Heathens:**

Gentiles (non-Jews) - were considered pagans, heathens by the Jews. They believed in lesser gods, or no gods at all.

## **6. Verses – 32-33 Anxiety Denies Sonship:**

1. Contingency -
2. Fatalism -
3. Doctrine of Certainty -

Matthew 6:33

Seek – Greek “a hunter that is hiding in the blind to hunt a bird, knowing he may have only one shot”

1. His Kingdom -
2. His Righteousness -

## **7. Verse - 34 Anxiety is Impractical:**

1. God Gives Strength to deal with the problems of each day:  
"Therefore do not be anxious for tomorrow; for tomorrow will care for itself.
2. We will never be trouble free: Each day has enough trouble of its own.
3. Anxiety brings on us hardships that we would otherwise never know:

## **Conclusion:**

1. Reject Reductionism, you are more than a body:
2. God cares for birds He cares for us: Worth more than birds.
3. Seek His Kingdom:
4. Live now, life is now: