



Anxiety

November 9

INTRODUCTION: As chapter 6 concludes we come to the longest sustained teaching in the Sermon. What does a lived righteousness look like? It is a life that is singularly focused on the Lord and is one of complete trust. While a disciple may struggle with anxiety for medical reasons, because of upbringing, circumstances or character, etc, anxiety is at its heart a spiritual matter. Jesus calls us to mature in trust; anything less is to make anxiety the acceptable sin.

KEY POINT: singular trust

CHALLENGE: In one sitting, read the whole sermon often over the coming months.

A.M. SERMON RECAP (Ja 3, The Tongue)

- How is the tongue small yet impactful and how can it have such great power to destroy?
- Just as there are many sexual sins what sorts of sins involve the tongue?
- How is the mouth a window into the heart? How does James compare with Jesus “you shall know them by their fruit”?
- If our speech condemns us (proves our imperfection), how is the Gospel our only hope?

P.M. SERMON RECAP (WWBWWB: Singleness)

- Have you ever heard a sermon on singleness? If not, why? Why should we speak on this subject?
- What extremes has the church known on marriage and singleness?
- What can Jesus' own life/teaching inform us about singleness?
- What are the pros and cons of both marriage and singleness?

READ: Mt 6:25–34

QUESTIONS:

1. **What does the world worry about? Do Christians worry?**
2. *If our values, focus and allegiance as a disciple are singularly on the Lord (vs. self or the world) by consequence Jesus says His disciples will not be anxious people. This is practical righteousness.*
3. *Since anxiety is mentioned 5 times in our passage it should be defined. Anxiety means to be a part vs. the whole, to be divided into parts, to be pulled apart. It is the opposite of singular trust in the Lord, where faith rests on the One unchanging Rock.*
4. **How many times in our passage does Jesus tell us to “not be anxious”? If Jesus tells us not to do something and we do it that is called ___? How does the right choice give us no reason to be anxious? How is faith the opposite of fear?**
5. *V. 25 (our 1st “therefore”). Jesus tells us not to worry about the necessities. He uses two ‘how much more examples’ drawing on the hillside examples of birds and lilies (Luther called “the birds our teachers”!). **What lessons do we gain from nature?**¹*
6. **On v. 27- “Anxiety is like a rocking chair. It gives you something to do but doesn’t get you anywhere.” Discuss this quote or other thoughts from the preceding verses.**
7. *V. 30- Does “you of little faith” convey no faith or a deficiency in faith? (Note- faith is an action, it means trust in the Lord and is not a thing in its own right).*
8. *V. 32a (our 2nd “therefore”) **Is our trust in the Lord discernibly different from unbelievers?** (Gentiles, or Greeks, i.e. non-Jews or unbelievers).*
9. **How does seeking “these things” and living a life of anxiety produce a mediocre existence (v. 25- “is not life more”)?**
10. *V. 32b- “your Father knows”- How should being “in Christ” assure us of the Father’s care and provision?*
11. **V. 33- Rather than being anxious, what ought we to do? What does this look like? What can we do to increase our faith and so decrease worry?**
12. *V. 34 (our 3rd “therefore”)- “One day at a time, sweet Jesus...” How is this a helpful philosophy to combat anxiety?*

Next Week: Judging and Judgementalism, Mt 7:1–6

¹ Value and provision.