

WHAT IF ... we did not have to **worry** anymore?

- Or ... had a **strategy** to defeat our worry?

WHAT IF ... there's a better way that didn't all depend on just having a better day?

Matthew 6:19-24

- 3 metaphors
 - Pre-conditions for anxiety
 - Pre-decisions □ anxiety susceptible

Matthew 6:19-21 (CSB)

"Don't store up for yourselves **treasures** on earth, where moth and rust destroy and where thieves break in and steal. But store up for yourselves **treasures** in heaven, where neither moth nor rust destroys, and where thieves don't break in and steal. For where your treasure is, there **your heart** will be also.

I. **TREASURE** Decision

You rest most when what you treasure most is safe/secure.
You worry most when what you treasure most is vulnerable.

Where you place **value** is where you will experience **anxiety**.

There is a **heart** (CEO center) decision and not a life **condition**.

II. **EYE** Decision

- How we look at things
- "sound eye"

Matthew 6:22-23 (CSB)

"The **eye** is the lamp of the body. If your eye is **healthy**, your whole body will be full of light. But if your eye is bad, your whole body will be full of darkness. So if the light within you is darkness, how deep is that darkness!

The healthy (sound) eye:

- Careful what it gives its **attention** to
- Keeps **focus on God**

- As treasure
- With undivided allegiance

Matthew 6:24

“No one can serve **two masters**, since either he will hate one and love the other, or he will be devoted to one and despise the other. You cannot serve both God and money.

III. **MASTER Decision (decision of devotion)**

**We were made to give devotion ~ have a master.
Anxiety serves as a gauge or barometer.**

With these 3 metaphors, Jesus addresses the **conditions inside of us—not outside of us—that give rise for **anxiety**.**

Matthew 6:25-27 (CSB)

“Therefore I tell you: **Don’t worry about your life**, what you will eat or what you will drink; or about your body, what you will wear. Isn’t life more than food and the body more than clothing? **Consider** the birds of the sky: They don’t sow or reap or gather into barns, yet your **heavenly Father** feeds them. Aren’t you **worth** more than they? Can any of you **add** one moment to his life span by worrying?

Jesus **commands us not to worry through the grace of **right thinking**.**

- Jesus attacks anxiety through logic (the mind, not emotions).
- Anxiety—in the Kingdom of Jesus—is illogical.
- How we feel vs. How we ought to be thinking

The issue is not that we feel concerned about something but that we think **unbiblically about it.**

1) **Zoom out and look/think about the **big picture** of life.**

If we zoom in, our lives shrink to something less than God intends.

- We see everything in light of our anxiety ... it dominates & controls.

If we zoom out, our lives find worth in our Father and purpose in His plan.

Matthew 6:28-32 (CSB)

And why do you **worry** about clothes? Observe how the wildflowers of the field grow: They don’t labor or spin thread. Yet I tell you that not even Solomon in all his splendor was adorned like one of these. If that’s how God clothes the grass of the field, which is here today and thrown into the furnace tomorrow, won’t He do **much more** for you—you

of **little faith?** So **don't worry**, saying, 'What will we eat?' or 'What will we drink?' or 'What will we wear?' For the Gentiles eagerly seek all these things, and your **heavenly Father** knows that you need them.

2) **Look up** and think of who **God** is. (Creation & Salvation/Adoption)

Anxiety and How We See God:

- a) We do not **correctly** know God.
- b) We lack **confidence** in God.
- c) We have not **completely yielded** ourselves to God.

Matthew 6:30 (NLT)

if God cares so wonderfully for wildflowers that are here today and thrown into the fire tomorrow, He will **certainly** care for you. Why do you have so **little faith?**

Thinking ... Fixing our thoughts upon God (correctly & confidently) is the key to **diminishing** anxiety in our lives.

Matthew 6:33-34

But **seek first** the kingdom of God and His righteousness, and **all** these things will be provided for you. Therefore don't worry about tomorrow, because tomorrow will worry about itself. **Each day** has enough trouble of its own.

3) **Daily aim** (dedicate) our **best** at the Kingdom of Jesus.

2 Cautions:

- We must be very careful before we name something a **need**.
- We must be very careful about **future** speculations.

Re-Decide or Pre-Decide: *Treasure, Eye, Master* (vv. 19-24)

Re-Direct: **Time** □ *What and/or How & Why*

Re-Direct: **Money** □ *Where have you invested & stored up ...?*

Release ...