

**HOW CAN WE OVERCOME THE CRUEL TASKMASTER OF WORRY?  
WHAT WE FIXATE ON REVEALS THE CONDITION OF OUR HEART  
Matthew 6:25-34**

- I. **REMEMBER AND HEED OUR LORD'S COMMAND NOT TO BE ANXIOUS**, because anxiety reveals a divided and temporally focused heart (24, 25)
  - A. Understand the true nature of worry (various passages)
  
  - B. Jesus commands us not to be anxious for the basic needs of this life (25a)
  
  - C. Jesus explains why... (24,25b)
    1. **Anxiety reveals a divided heart in relation to God:** You cannot serve two masters (24)
  
    2. **Anxiety reveals a focus on the temporal:** Yet this life is more than just food and clothing (25b)
  
- II. **RECALL and LEARN FROM JESUS' ENCOURAGING ILLUSTRATIONS:** If God cares for the less valuable birds and adorns the temporal flowers, how much more will **He care for His valuable, and eternal and dependent children (26-30a)**
  
- III. **REALIZE** for believers **ANXIETY IS ROOTED IN A TEMPORAL LACK OF FAITH (30b)**
  
- IV. **THEREFORE, DO NOT BE ANXIOUS FOR TOMORROW, but RATHER CONTINUALLY SEEK CHRIST, HIS KINGDOM AND HIS RIGHTEOUSNESS, TRUSTING HIM FOR TODAY (31-34)**
  - A. Do not anxiously and eagerly seek what unbelievers seek (31-32)
  
  - B. Instead, continually seek first His kingdom and His righteousness (the things of Christ) and He will supply what He knows you need (33)
  
  - C. Seek Christ amid today's troubles & leave tomorrow in His hands (34)