

# MARK 13:7-8 PART II

## "OVERCOMING ANXIETY"

### 2. THE DEPRESSION OF ANXIETY OR THE CARES OF LIFE [MT 6:19-34]

SOLUTION=FIND YOUR ULTIMATE PEACE IN THE GOD WHO PROVIDES [PHIL 4:6-8,19; I P 5:7]

MATTHEW 6:25-33

#### I. WORRY IS ALWAYS INCOMPATIBLE WITH THE FATHERHOOD OF GOD v.25-26

Therefore I say unto you, Take no thought for your life, what ye shall eat, or what ye shall drink; nor yet for your body, what ye shall put on. Is not the life more than meat, and the body than raiment? 26 Behold the fowls of the air: for they sow not, neither do they reap, nor gather into barns; yet your heavenly Father feedeth them. Are ye not much better than they? (KJV)

##### A. GOD RELATES TO US AS THE PERFECT FATHER

1. MATTHEW 6.8-15
2. PSALM 103.13
3. ISAIAH 9.6

##### B. GOD SUSTAINS THE ANIMALS AND UPHOLDS THE UNIVERSE

1. MT6.26
2. JN1.3
3. COL1.15-17
4. HEB1.3

##### C. WORRY IS ALWAYS UNPRODUCTIVE v.27

Which of you by taking thought can add one cubit unto his stature? (KJV)

1. PHIL4.6-8
2. 1P5.7

#### II. WORRY IS OFTEN AN ABSENCE OF FAITH v. 28-32

And why take ye thought for raiment? Consider the lilies of the field, how they grow; they toil not, neither do they spin: 29 And yet I say unto you, That even Solomon in all his glory was not arrayed like one of these. 30 Wherefore, if God so clothe the grass of the field, which to day is, and to morrow is cast into the oven, [shall he] not much more [clothe] you, O ye

of little faith? 31 Therefore take no thought, saying, What shall we eat? or, What shall we drink? or, Wherewithal shall we be clothed? 32 (For after all these things do the Gentiles seek:) for your heavenly Father knoweth that ye have need of all these things. (KJV)

### III. WORRY IS OFTEN TRUSTING IN THINGS RATHER THAN GOD

#### A. MATTHEW 6:19-24 THINGS BLUR OUR VISION

*Lay not up for yourselves treasures upon earth, where moth and rust doth corrupt, and where thieves break through and steal: 20 But lay up for yourselves treasures in heaven, where neither moth nor rust doth corrupt, and where thieves do not break through nor steal: 21 For where your treasure is, there will your heart be also. 22 The light of the body is the eye: if therefore thine eye be single, thy whole body shall be full of light. 23 But if thine eye be evil, thy whole body shall be full of darkness. If therefore the light that is in thee be darkness, how great [is] that darkness! 24 No man can serve two masters: for either he will hate the one, and love the other; or else he will hold to the one, and despise the other. Ye cannot serve God and mammon. (KJV)*

1.

#### B. I TIMOTHY 6:6-19 THINGS MUST BE USED FOR GOD [BEWARE OF THE CARES OF RICHES]

*Timothy 6:6-21 But godliness with contentment is great gain. 7 For we brought nothing into [this] world, [and it is] certain we can carry nothing out. 8 And having food and raiment let us be therewith content. 9 But they that will be rich fall into temptation and a snare, and [into] many foolish and hurtful lusts, which drown men in destruction and perdition. 10 For the love of money is the root of all evil: which while some coveted after, they have erred from the faith, and pierced themselves through with many sorrows. 11 But thou, O man of God, flee these things; and follow after righteousness, godliness, faith, love, patience, meekness. 12 Fight the good fight of faith, lay hold on eternal life, whereunto thou art also called, and hast professed a good profession before many witnesses.*

*I give thee charge in the sight of God, who quickeneth all things, and [before] Christ Jesus, who before Pontius Pilate witnessed a good confession; 14 That thou keep [this] commandment without spot, unrebukeable, until the appearing of our Lord Jesus Christ: 15 Which in his times he shall shew, [who is] the blessed and only Potentate, the King of kings, and Lord of lords; 16 Who only hath immortality, dwelling in the light which no man can approach unto; whom no man hath seen, nor can see: to whom [be] honour and power everlasting. Amen. 17*

*Charge them that are rich in this world, that they be not highminded, nor trust in uncertain riches, but in the living God, who giveth us richly all things to enjoy; 18 That they do good, that they be rich in good works, ready to distribute, willing to communicate; 19 Laying up in store for themselves a good foundation against the time to come, that they may lay hold on eternal life. (KJV)*