

# A Generous Life Pt.4

Matthew 6.25-34





Worry?



The Problem –

Worry (anxiety/stress) sabotages  
a generous life fully committed to  
Jesus and his ways.

## Matthew 6.25-34

25 “Therefore I tell you, do not be anxious about your life, what you will eat or what you will drink, nor about your body, what you will put on. Is not life more than food, and the body more than clothing? 26 Look at the birds of the air: they neither sow nor reap nor gather into barns, and yet your heavenly Father feeds them. Are you not of more value than they?”

## Matthew 6.25-34

27 And which of you by being anxious can add a single hour to his span of life? 28 And why are you anxious about clothing? Consider the lilies of the field, how they grow: they neither toil nor spin, 29 yet I tell you, even Solomon in all his glory was not arrayed like one of these.

## Matthew 6.25-34

30 But if God so clothes the grass of the field, which today is alive and tomorrow is thrown into the oven, will he not much more clothe you, O you of little faith? 31 Therefore do not be anxious, saying, 'What shall we eat?' or 'What shall we drink?' or 'What shall we wear?' 32 For the Gentiles seek after all these things, and your heavenly Father knows that you need them all.

## Matthew 6.25-34

33 But seek first the kingdom of God and his righteousness, and all these things will be added to you. 34 “Therefore do not be anxious about tomorrow, for tomorrow will be anxious for itself. Sufficient for the day is its own trouble.

Why do we worry?



What does worry reveal  
about  
the condition of our hearts?

The *source* of worry is unbelief.

The *effect* of unbelief is anxiety.

How do we combat worry?

“But what about doubts and worries? Do they too, signal a rejection of God’s Kingdom? Not necessarily. There can be no faith without doubt, no hope without anxiety, and no trust without worry. These shadow us from dawn to dusk; indeed, they appear even in our dreams. As long as we withhold internal consent to these varied faces of fear, they are no cause for alarm, because they are not voluntary. When they threaten to consume us, we can overpower them with a simple and deliberate act of trust: “Jesus, by your grace I grow still for a moment and I hear you say, “[Take] courage! It’s me! Don’t be afraid!” I place my trust in your presence and your love...let us never underestimate the power of trust unleashed in our experience of Jesus and magnified in our fidelity to seeking his face.”

Brennan Manning

A generous life, fully committed to Jesus and his ways, is marked by calm confidence and trust in Jesus.



Jesus, I give to you my worry about

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With calm confidence I trust You.