

Christ's Word to the Anxious: Think on These Things
"...your heavenly Father knows..." (Matthew 6:32)

Hear your Savior's Declarations: Matthew 6:25-34

What do you learn about yourself from these verses?

- You are of more value than the birds and He cares for even them.
- God cares more for you than He does the grass of the field, which is clothed beautifully by Him.
- Your Heavenly Father knows what you need. Do you believe that?
- He not only knows what you need, He's both willing and able to provide for you.
- Everything you truly need will be given you. That's God's promise.

Here's a quote from the Heidelberg Catechism:

I trust him so much that I do not doubt he will provide whatever I need for body and soul, and he will turn to my good whatever adversity he sends me in this sad world. He is able to do this because he is almighty God; He desires to do this because he is a faithful Father (The Heidelberg Catechism Q. 26).

How can we be assured of God's love for us? Only because of the gospel.

- The incarnation:
- The sinless life:
- The crucifixion:
- The resurrection:
- The ascension:

What does the gospel tell us about God's ability and willingness to care for us and provide for us?

- Romans 8:32
- Romans 8:37-39

Because all of the above is true, then we can seek to put off habits of worry and fear.

Hear the Gospel Obligations

- Do not be anxious about your life (food, clothing, shelter or anything else).
- Do not anxiously question God's ability or desire to provide for you.
- Seek God's kingdom (not your own).
- Seek God's righteousness (not your own).
- Attack your unbelief, worry and anxiety in faith believing that you can war against it because your Savior has already been tempted in this way without sin. His perfect record is yours and because it is, you can be assured that he's watching over you.
- Hebrews 4:14-16
- 1 Peter 5:7
- Psalms 27:13-14

- Psalms 56:3-4
- Philippians 4:5-9
 - In light of all Jesus has done, this is how to handle your worry:
 - Pray with thanksgiving
 - Anticipate that the peace of God will guard your heart and mind.
 - Discipline your mind to only think on things that are true, honorable, just, pure, lovely, commendable, excellent, praiseworthy. Remember the gospel!
 - Practice this daily!

Providence is the almighty and ever present power of God by which he upholds, as with his hand, heaven and earth and all creatures and so rules them that leaf and blade, rain and drought, fruitful and lean years, food and drink, health and sickness, prosperity and poverty – all things, in fact, come to us not by chance but from his fatherly hand.