

THE
UPSIDE DOWN
KINGDOM

THE SERMON ON THE MOUNT

APRIL 26 – JULY 5



Do Not be Anxious

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? 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. 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. 33 But seek first the kingdom of God and his righteousness, and all these things will be added to you.

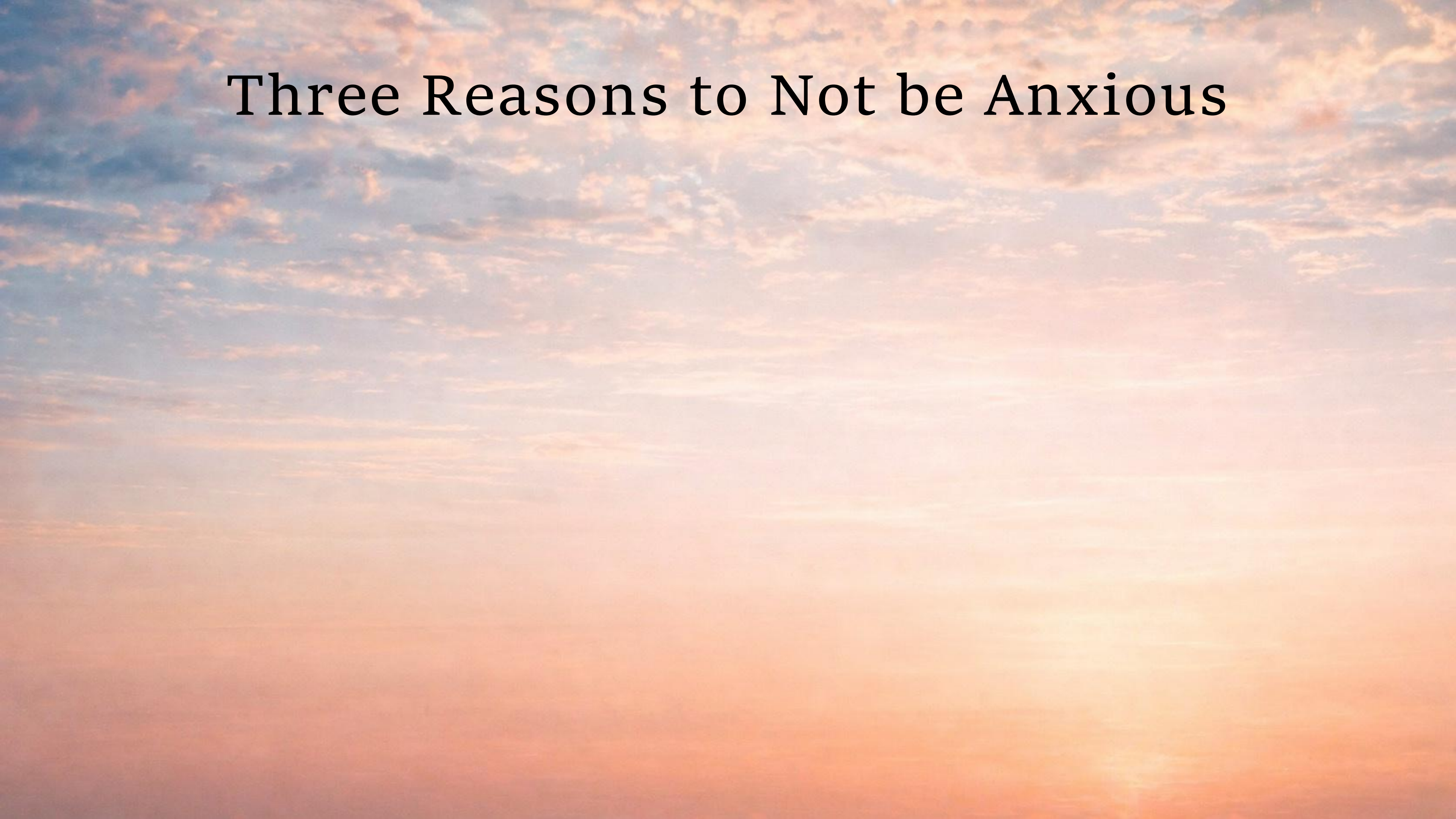
34 Therefore do not be anxious about tomorrow,
for tomorrow will be anxious for itself. Sufficient
for the day is its own trouble.

Matthew 6:25-34 (ESV)

The Command: “Do Not be Anxious”

Verses 25, 31, 34

Three Reasons to Not be Anxious



Three Reasons to Not be Anxious

1) The Father is our Provider.

10 For even when we were with you, we would give you this command: If anyone is not willing to work, let him not eat. 11 For we hear that some among you walk in idleness, not busy at work, but busybodies. 12 Now such persons we command and encourage in the Lord Jesus Christ to do their work quietly and to earn their own living.

2 Thessalonians 3:10-12

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- 1) The Father is our Provider.
- 2) You have value to the Father.

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- 3) You don't know the future.

Therefore do not be anxious about tomorrow, for tomorrow will be anxious for itself. Sufficient for the day is its own trouble.

Matthew 6:34

“For if our fear does not materialize, we have worried once for nothing; if it does materialize, we have worried twice instead of once. In both cases it is foolish: worry doubles trouble.”

-John Stott


A
STILL
and
QUIET
MIND

*Twelve Strategies for Changing
Unwanted Thoughts*


ESTHER SMITH

Three Reasons to Not be Anxious

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- 2) You have value to the Father.
- 3) You don't know the future.

A background image of a sunset sky. The sky is filled with soft, wispy clouds in shades of blue, orange, and yellow. The sun is low on the horizon, creating a bright glow that fades into a darker blue at the top.

Seek first the kingdom of God and His
righteousness.



Seek first the kingdom of God and His
righteousness, and all these things will be
added to you.

Well sometimes my life just don't make sense at
all

When the mountains look so big
And my faith just seems so small

So hold me Jesus 'cause I'm shaking like a leaf

You have been King of my glory
Won't You be my Prince of Peace

And I wake up in the night and feel the dark
It's so hot inside my soul
I swear there must be blisters on my heart
So hold me Jesus 'cause I'm shaking like a leaf
You have been King of my glory
Won't You be my Prince of Peace

Hold Me Jesus, by Rich Mullins