

# ANXIETY, THE SUBTLE ENEMY.

## MATTHEW 6:24-34

Our anxiety does not empty tomorrow of its sorrows, but only empties today of its strengths. (C.H. Spurgeon).  
Anxiety does nothing to solve whatever worries us, but feeds on itself like an ouroboros, the serpent consuming its tail.

### Who is your master? V.24

- This is where the problem starts. The master which draws us down into despair is our own self, the compulsion to satisfy our wants and desires. \_\_\_\_\_
- Defining “mammon” as wealth isn’t adequate, as it actually involves all forms of possessiveness, including material possessions, self-importance, other people and their opinions of us. \_\_\_\_\_
- Today more than any other time in history, the pursuit of fame and fortune destroys lives and personal integrity. \_\_\_\_\_

### The old simple hierarchy of life’s essentials. V.25-29

- Food, shelter, and clothing. \_\_\_\_\_
- Maslow’s “Hierarchy of Needs”. The pursuit of self-actualization as the goal of personal growth. \_\_\_\_\_
- But, what appears to be ascension toward “self-actualization” is actually a descent into self-obsession and disintegration. \_\_\_\_\_
- The evidence of this seen in the disintegrated lives of all but a few celebrity lives. \_\_\_\_\_
- The constant result of this pursuit is anxiety, worry about personal finances, the opinion of others, etc. \_\_\_\_\_

- Yet the cure is not as simple as saying “I will not be anxious.”  
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### So, how do we get to the other side? How do we escape the prison of anxiety? V.30-34

- The first clue is Jesus’ statement - “O men of little faith.” V.30  
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- “Faith” is much more than belief. It must involve trust, and the step of truly turning our welfare over to God. \_\_\_\_\_
- The command is “do not be anxious, then” regarding food and clothing (shelter is also assumed). \_\_\_\_\_

### Separating “need” from “desire.” V.32

- The things the Gentiles “eagerly seek” but are known by God to be our essential needs. \_\_\_\_\_
- The subtle assumption, though, is that the Gentiles actually seek those things that are better than ordinary. \_\_\_\_\_

### The front door – which God holds open. V.33

- Rather seek first His kingdom and His righteousness. \_\_\_\_\_
- The full meaning of “righteousness,”
  - *Dikaiousune*, (Gr.) a verb involving behavior and not just attitude. \_\_\_\_\_
- If we adjust our focus to what is also best or good for others and not just ourselves, anxiety bleeds away as we cooperate with God in building his kingdom. \_\_\_\_\_

### Being obedient to the command. V.34

- Tomorrow is yet to come, and there is much that can be done today. \_\_\_\_\_
- Of course, you could spend all day worrying, or you seek the kingdom in the needs of others. \_\_\_\_\_

“Kindness is the language which the deaf can hear and the blind can see.” – Mark Twain