

# *Free from the Tyranny of Worry*

## Sermon on the Mount - Matthew 6:19-34

### INTRODUCTION

#### A WARNING ABOUT MATERIAL THINGS (vs. 19-24)

1. Two Treasures: Which are you investing in?

**Other verses used: Proverbs 23:4-5**

2. Two Eyes: How is your vision?

**Other verses used: Luke 16:14; 1 Timothy 6:18-19**

3. Two Masters: Who are you serving?

**You have to make a choice:**

Where is your treasure? What is your focus? Who are you serving?

## **A WORRYING ABOUT MATERIAL THINGS (vs. 25-34)**

Other verses used: Philippians 4:6-7

### **Four worry-defeating declarations**

#1 - We worry about the wrong things. (vs. 25) – *Worry is a waste of my time and energy!*

#2 - Worry blinds us from seeing God's love for us. (vs. 26) – *I am infinitely important to God!*

#3 - Worry never accomplishes anything of value. (vs. 27) – *Worry subtracts from my life!*

#4 - Worry is fueled by a lack of faith in God. (vs. 28-30) – *Faith in God frees me from worry!*

### **Three spiritual disciplines that frees us from the tyranny of worry**

#1 – Seek Christ's kingdom and righteousness first, not last in everything (vs. 33)

#2 – Trust God to provide for you what you need. (vs. 33b)

#3 – Live one day at a time. (vs. 34)

## **LIFE LESSONS**