

DR. ROBERT JEFFRESS

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INVINCIBLE

CONQUERING THE MOUNTAINS
THAT SEPARATE YOU
FROM THE BLESSED LIFE

"MOVING FROM ANXIETY TO PEACE"

MATTHEW 6:25-34

Introduction: While every new headline gives us something additional to worry about, the Bible teaches that anxiety is another “mountain” that can separate us from the blessed life God wants us to experience. Today, we are going to discover what Jesus said about conquering the problem of anxiety.

I. **The Command Regarding Anxiety** (Matthew 6:25, 31, 34)

Mark 4:18-19 ¹⁸ “...These are the ones who have heard the word, ¹⁹ but the worries of the world, and the deceitfulness of riches, and the desires for other things enter in and choke the word, and it becomes unfruitful.”

II. **The Causes Of Anxiety** (Matthew 6:19-20; Psalm 32:3-4; Ephesians 6:13, 16)

A. **Misguided Perspective** (Matthew 6:19-20)

Matthew 6:19-20 ¹⁹ “Do not store up for yourselves treasures on earth, where moth and rust destroy, and where thieves break in and steal. ²⁰ But store up for yourselves treasures in heaven, where neither moth nor rust destroys, and where thieves do not break in or steal.”

B. **Unconfessed Sin** (Psalm 32:3-4)

Psalm 32:3-4 ³ “When I kept silent about my sin, my body wasted away through my groaning all day long. ⁴ For day and night Your hand was heavy upon me; my vitality was drained away as with the fever heat of summer.”

Psalm 94:19 “When my anxious thoughts multiply within me, Your consolations delight my soul.”

C. Satanic Attack (Ephesians 6:13, 16)

Ephesians 6:13, 16 ¹³ "Therefore, take up the full armor of God, so that you will be able to resist in the evil day, and having done everything, to stand firm. ¹⁶ ...taking up the shield of faith with which you will be able to extinguish all the flaming arrows of the evil one."

1. "If only..."

2. "What if..."

III. The Consequences Of Anxiety

A. Emotional Consequences (John 10:10)

John 10:10 "The thief comes only to steal and kill and destroy; I came that you may have life, and have it abundantly."

B. Spiritual Consequences (Colossians 3:15)

Colossians 3:15 "Let the peace of Christ rule in your hearts, to which indeed you were called in one body; and be thankful."

IV. The Case Against Anxiety (Matthew 6:25-32)

Disclaimer #1: Do not worry does not mean do not **plan**.

Disclaimer #2: Do not worry does not mean do not be **concerned**.

A. Worrying is Unreasonable (Matthew 6:25)

Matthew 6:25 "For this reason I say to you, do not be worried about your life, as to what you will eat or what you will drink; nor for your body, as to what you will put on. Is not life more than food, and the body more than clothing?"

B. Worrying is Unfounded (Matthew 6:26)

Matthew 6:26 "Look at the birds of the air, that they do not sow, nor reap nor gather into barns, and yet your heavenly Father feeds them. Are you not worth much more than they?"

C. Worrying is Unproductive (Matthew 6:27)

Matthew 6:27 "Which of you by taking thought can add one cubit unto his stature?" (KJV)

D. Worrying is Unnecessary (Matthew 6:28-30)

Matthew 6:28-30 ²⁸ "Why are you worried about clothing? Observe how the lilies of the field grow; they do not toil nor do they spin, ²⁹ yet I say to you that not even Solomon in all his glory clothed himself like one of these. ³⁰ But if God so clothes the grass of the field, which is alive today and tomorrow is thrown into the furnace, will He not much more clothe you? You of little faith!"

E. Worrying is Ungodly (Matthew 6:31-34)

Matthew 6:31-32 ³¹ "Do not worry then, saying, 'What will we eat?' or 'What will we drink?' or 'What will we wear for clothing?' ³² For the Gentiles eagerly seek all these things; for your heavenly Father knows that you need all these things."

Matthew 6:33-34 ³³ "But seek first His kingdom and His righteousness, and all these things will be added to you. ³⁴ So do not worry about tomorrow; for tomorrow will care for itself. Each day has enough trouble of its own."

V. The Cure For Anxiety

A. Repent of Any Known Sin in Your Life (1 John 1:9)

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1 John 1:9 "If we confess our sins, He is faithful and righteous to forgive us our sins and to cleanse us from all unrighteousness."

B. Remove Unnecessary Fear (Proverbs 26:13)

Proverbs 26:13 "The sluggard says, 'There is a lion in the road! A lion is in the open square!'"

C. Remember God's Past Faithfulness (Psalm 3:1-6)

Psalm 3:1-6 ¹ "O LORD, how my adversaries have increased! Many are rising up against me. ² Many are saying of my soul, 'There is no deliverance for him in God.' Selah. ³ But You, O LORD, are a shield about me, my glory, and the One who lifts my head. ⁴ I was crying to the LORD with my voice, and He answered me from His holy mountain. Selah. ⁵ I lay down and slept; I awoke, for the LORD sustains me. ⁶ I will not be afraid of ten thousands of people who have set themselves against me round about."

D. Remain in Contact with God (Philippians 4:6-9)

1. Pray persistently (Philippians 4:6-7)

Philippians 4:6-7 ⁶ "Be anxious for nothing, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. ⁷ And the peace of God, which surpasses all comprehension, will guard your hearts and your minds in Christ Jesus."

2. Think truthfully (Philippians 4:8)

Philippians 4:8 "Finally, brethren, whatever is true, whatever is honorable, whatever is right, whatever is pure, whatever is lovely, whatever is of good repute, if there is any excellence and if anything worthy of praise, dwell on these things."

3. Live obediently (Philippians 4:9)

Philippians 4:9 "The things you have learned and received and heard and seen in me, practice these things, and the God of peace will be with you."

Conclusion