How to Defeat Anxiety, Part 2

Matthew 6:25-34

September 27, 2026

As we come to the preaching of God's Word this morning, we come to a very helpful portion of the Sermon on the Mount where Jesus gives some much-needed light to our dark world. If you're not there, turn with me to Matthew chapter 6, where Jesus shines the light of truth on a dark, troubling, and pervasive problem, the problem of anxiety and worry.

As we noted last week, many in our world are enslaved to anxiety and worry, and these sins, they still plague the life of the believer, as they did in the time of Christ. So Jesus, his loving, compassionate care and his love for his sheep, he wanted to provide them with helpful truths. Armaments, you might think of them as to fight off worry and dispel anxiety from our hearts.

So let's read the text together this morning, Matthew 6:25 to 34, where Jesus said, "'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? 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?

"'And which of you by worrying could add a single cubit to his lifespan? And why are you worried about clothing? Observe how the lilies of the field grow, they do not toil nor do they spin, yet I say to you that not even Solomon in all his glory clothed himself like one of these. But if God so clothed 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?

"'Do not worry then, saying, what will we eat or what will we drink or what will we wear for clothing? For all these things the Gentiles eagerly seek, for your heavenly Father knows that you need all these things. But seek first His kingdom and His righteousness, and all these things will be added to you. So do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.'"

Have you ever noticed that when you have a conversation with someone, and maybe they share some things that they are worried about, or you yourself, you have worrisome thoughts, that when you provide the answer to this other person, or even to your own heart, and you think and reveal how unnecessary such worry is, there is almost inevitably a, "yeah but."

Martin Lloyd-Jones says this is typical of worry, that it gives the impression that it wants to be relieved, but it really doesn't. Worry is like an infection that sets into our mind, and it multiplies, it takes on a life of its own. It really doesn't want to be dislodged from the mind.

It's like something that takes hold of you, and in spite of your attempts to rid yourself of it, it keeps arguing with you and saying one thing and then another. Yeah but, what about this thing that might happen, or this thing that might happen, or this thing that might happen? Jesus knew the pervasive power of worry, and that's why he wrote this text to help us, to give us the tools to fight and be free of such a pervasive enemy.

In this passage, we find seven realities of the Christian life to ruminate on, to meditate on, in order to dispel worry and anxiety from our hearts. Seven realities that when we meditate upon them and we renew our minds with them, that we'll

begin to think more like Christ, we'll have the mind of Christ, and we'll be able to walk through life free from the bondage of worry and anxiety.

Those seven realities; we got into them last week, I'll read them off again for you today. Number one is your commander. Number two, your composition. Number three, your class. Number four, your capability. Number five, your constitution. Number six, your clan. And number seven, your capacity. We covered the first three last week.

I'll read those again for you briefly, if you want to read them off. Your commander, if you want to write them down. Your commander, your composition, your class, your capability, your constitution, your clan, and your capacity. So worry is a daily battle for many. And we have to be ready at any moment for this enemy to pop up.

We have to be ready to take one of these truths, one of these realities, and slay the false notion of worry and anxiety from our hearts. As I mentioned, we covered the first three last week. Let me just briefly summarize them for those who maybe weren't here.

But your commander is the first one. We connected this back to verse 24, where Jesus said, "You cannot serve two masters." In light of that, he wants to free us from serving our own fears about the future, our worries, and our anxieties and he wants us to serve our loving master, Jesus Christ, who wants to lift our burdens, not to be enslaved to the wicked slave master of worry.

We also talked about this commander, gave us this blessed command, "do not worry." It is a gracious and it's a freeing command. Worry and anxiety, they are not disorders that we need to manage. They are sins that we can repent of and have freedom of. This is not a matter of physical medicine. It is a matter of sin and righteousness. We can control our thoughts. We can renew our mind. We can cast all of our cares and anxieties upon him and trust him with every moment of every day without anxiety and worry.

We talked about number two, your composition. We looked at the fact that our life is more than just our physical body, what we need to eat and what we need to drink and what we need to be clothed with. We are composed of a body and a soul that is intricately united in one. And when we are anxious and worrisome, we looked at a long list of ill effects that that can have on our body. Cardiovascular problems, respiratory problems,

digestive problems, skin problems, weight problems, immune system problems.

Jesus reminded us that there is more to life than what we need to eat or drink and that worry and anxiety can destroy the body that God has given us to steward well. No good comes from worry, only evil effect. Jesus wanted us to consider the whole of our life. He doesn't want us to destroy ourselves by worry and anxiety.

We also looked at number three, your class. We considered the reality of our class. We are all, as humans, made in the image of God. We are the pinnacle of creation. He contrasted us with the birds. The birds were insignificant creatures. And if God cares for them faithfully, feeds them, meets their needs, how much more so will he care for us who are made in his image?

And beyond that, those who have responded to the call of salvation, we are God's children. We are in a different class altogether from the rest of humanity. We stand in the unique position of being children to the father of lights. And if even evil parents know how to give good gifts to their children, is God going to neglect his children to care for his enemies or insignificant creatures? You would never do that as a parent or even as a friend.

So do not fear that God would neglect you. You are his. He paid to redeem you by the precious blood of Christ. Don't worry, little one, he will take care of you. You are precious to him. And that brings us to the fourth reality, that as we renew our mind with it, it will help us fight the sin of worry and dislodge anxiety from our hearts. That fourth point is your capability, your capability.

And we find this in verse 27. Look at it with me and we'll read it again. Verse 27, "And which of you, by worrying, can add a single cubit to his lifespan?" Can there, the word translated, as can, is the Greek word *dunamai*, which refers to ability or capability or power. Which of you has the power, the capability, the ability to add a cubit to his lifespan?

Or as one commentator put it, how many of you, by taking on all this trouble and care and by being so worried and anxious, can extend the length of your life even by a moment? And it's a rhetorical question that we all know the answer is none of us. So Jesus, he asks this rhetorical question. None of us have the capability to extend life. And certainly, none of us can extend the length of our life by worrying.

We know that the only being in the universe that can affect change by thinking or by speaking is God. This again, it points

us back to, by pointing out our limitations, it points us back to our master, our commander-in-chief, Jesus Christ, the creator of the universe who has all power.

Think of Psalm 104 that Travis read earlier. Being reminded of our own ability points us to the only place that we do have hope. And that is in our omnipotent, all-powerful savior, that we have entrusted ourselves to and need to continue to entrust ourselves to. I want to turn to an Old Testament text to make this point. Turn with me to the book of Job.

I think many of us are familiar with the beginning of the book of Job and the end of the book of Job, where God definitely reveals his power to Job, puts Job in his place. That's an obvious place we go to be reminded of God's power and our limitations. But since we're more familiar with that, turn to the twelfth chapter of the book of Job.

When Travis preached through Luke's account of Jesus' teaching on worry, he took some very good illustrations there. He noted God's power in the time of Joshua, when he made the sun stand still. He noted God's power to extend King Hezekiah's life when he was dying.

Those are some of the most miraculous events in the Old Testament apart from creation itself. Job here, he also lists many amazing things that magnify God's power over our own. So if you're in Job chapter 12, I'm going to begin reading in verses 13 and read through the end of that chapter, verses 13 to 25.

This is Job speaking of God's might. He says, "With Him are wisdom and might: To Him belong counsel and discernment. Behold, He pulls down, and it cannot be rebuilt. He closes a man in and it cannot be reopened. Behold, He restrains the waters, and they dry up; And He sends them out, and they overturn the earth. With Him are strength and sound wisdom; The misled and the misleader belong to Him.

"He makes counselors walk barefoot and makes fools of judges. He opens the bond of kings and binds their loins with a belt. He makes priests walk barefoot and subverts the enduring ones. He removes speech from the faithful and takes away the discerning taste of the elders. He pours contempt on nobles and loosens the belt of the strong.

"He reveals the mysteries from the darkness and brings out the shadow of death into light. He makes the nations great, then he makes them perish; He enlarges the nations, then leads them away. He removes the heart of wisdom from the heads of the

earth's people and makes them wander in a pathless waste. They grope in darkness with no light, and he makes them wander about like a drunken man."

God has the capability of pulling cities down in a word. He has the power to bring hurricanes and earthquakes to destroy. He can strip the wealthy bare, kings and nobles alike, the wise. He has the power to make nations great and to tear them down. He can make the wisest of men to grope around in the darkness.

Think of Nebuchadnezzar who was proud and God made him to crawl around like an animal in the wilderness for years because of his pride. Can we, by worry or any other means, prevent any of those things that we fear coming to pass? Can we prevent any of these kinds of things from happening by means of worrying? I want to back up just a little bit to the four verses right before this, verses 7 to 10, and read those connected to what came before.

Job 12:7 to 10 says, "But now I ask the beast, and let them instruct you; And the birds of the sky, and let them tell you. Or muse to the earth, and let it instruct you; And let the fish of the sea recount it to you. Who among all these does not know that the hand of Yahweh has done this, in whose hand is the life of every living thing, and the breath of all the flesh of man?"

Job was trying to enlighten his friends and bringing comfort to his own heart, because his friends were not bringing him any comfort. He was trying to enlighten his friends, pointing them to the birds and the beasts and the earth to remind them of God's sovereign rule over everything.

The life of every living thing is in the hand of God. Every single breath you take is a gift from him. He is able to extend our life. He has that power within him. We do want to return to Jesus' comparison of the birds as we think about our own power, our own capability. God cares for all of his creatures.

He takes care of the birds. He takes care of us. Every creature that walks, swims, flies, creeps, and crawls; he takes care of all of them. God has cared for all of his creatures from the beginning, but as we think of our greater capability, our greater status as creatures being made in the image of God, as we consider all of God's creatures, which of his creatures rebelled against him?

Was it the first giraffe? First elephant? The first T-Rex? No, it was the first man and woman. The rest of the creatures, they don't have the capability to rebel against God, because they don't have an intellect. They don't have a will. They don't have emotions. No, they just do what God made them to do. The

creatures don't fret and wring their paws or their wings about what the future might hold.

They do what God created them to do, and God provides for them, and they seek their food, and God provides for them. So what do we do with our increased capacity to think and to will? We use it to rebel and sin. We fear. We distrust God. We doubt his provision for us. Let me ask you this.

Only God has the power to extend life, but do we have the capability to shorten our life by sinning? Certainly, Adam and Eve did. From the divine perspective and the eternal decree, no, our days are numbered, but we don't live from the divine perspective. We don't know the secret will of God.

We live this life based on the revealed will of God. We must remember verses like Proverbs 10:27, "The fear of Yahweh prolongs life, but the years of the wicked will be shortened." Ecclesiastes 7:17, Solomon said, "Do not be excessively wicked and do not be a simple-minded fool. Why should you die before your time?" And Ezekiel 18:32 says, "Repent and live," and the implication is you have a choice before you, repent and live or continue in sin and die.

So when it comes to day-to-day decisions, we can't abuse the knowledge that we have that God has numbered our days. We can't think, it really doesn't matter what I do, God has my days numbered. No, God wants us to think in terms of, sin leads to death and repentance and walking in righteousness leads to life.

Again, the wisdom found in Proverbs 10:27, "The fear of Yahweh prolongs life, but the years of the wicked will be shortened." So when Jesus asks the question from verse 27, if you want to turn back to Matthew, "which of you, by worrying, could add a single moment to his life?" We know the answer is no one, but the implication is we can certainly shorten it by worrying.

We might ask this another way to provoke another question. Jesus asks who can extend their life by means of worry? The question arises from that is, is there another means by which we can extend our life? Well, what we just read in Proverbs, the answer is yes, by walking in obedience to all of his commands.

So Deuteronomy chapter 30, what we're going to read is this truth that was ingrained in the fabric of Israel from this time. This is a truth that Moses tried to instill in Israel before he died. Deuteronomy 30 verses 15 to 20.

After Moses reiterates much of the law to them, he tells them this. He says, "See, I have set before you today life and prosperity and death and calamity, in that I am commanding you today to love Yahweh your God, to walk in his ways, and to keep his commandments and his statutes and his judgments, that you may live and multiply, and that Yahweh your God may bless you in the land where you are entering to possess it.

"But if your heart turns away and you will not listen, but you are drawn away and worship other gods and serve them, I declare to you today that you shall surely perish. You will not prolong your days in the land where you are crossing the Jordan to enter and possess it. I call heaven and earth to witness against you today that I have set before you life and death, the blessing and the curse.

"So choose life in order that you may live, you and your seed, by loving Yahweh your God, by listening to his voice, and by holding fast to him. For this is your life and the length of your days, that you may live in the land which Yahweh swore to your fathers, to Abraham, to Isaac, and to Jacob, to give them."

Do you want to live a prosperous life, a long life? The only thing worry can do is cut that short, but you can prolong your days by walking in obedience to God, trusting him with all

of your fears and not worrying. You don't have the capability to extend your days by your own sheer will, through worry or any other means, but you can extend them by trusting God, by repenting of sin quickly, by repenting of worry and walking in obedience of him.

Beloved, don't use your increased capabilities of an intellect and a will that is above all the rest of creation, don't use that increased capability to continue to rebel against God in worry, rather use your will and your intellect to obey him, to grow in your trust of him. If you fear the future by worry and anxiety, you cut your life short, but if you fear God and you walk in obedience to all of his commands, you prolong your days.

We have a loving master; we have every reason to trust and obey him. Let's not put confidence in ourselves and shorten our lifespan by worrying, but use these God-given capabilities to trust and obey him. So your capability, use these to prolong your days by walking in faithfulness, not by shortening them by worry and anxiety.

The fifth reality that we have to meditate on to dispel worry and anxiety from our hearts is your constitution. Go back to Matthew chapter 6 verse 28 to 30, Jesus said, "And why are

you worried about clothing? Observe how the lilies of the field grow, they do not toil, nor do they spin, yet I say to you that not even Solomon in all his glory would clothe themself like one of these, 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?”

There can be a temptation here to just think that Jesus is making the same point that he made with the birds, but, and it is similar, but he's making a slightly different point. The birds were insignificant creatures, so how much more will he care for his children? Here it's a matter of, he uses words like beauty and glory and that which does not end.

And so my attempt to paraphrase in order to explain this would be something to the effect of God has clothed the grass of the field with flowers with greater glory than the richest king was ever crowned with glory, greater than he was ever clothed. These flowers and this grass, it's burnt up tomorrow. How much more does he clothe you who are eternal?

If he has so clothed the field with flowers, much more so does he clothe you, who are tomorrow, will be there and all of the tomorrows into the end of time for eternity. Jesus wants us to consider our clothing; in this life the grass is burnt up;

this life our clothing wears out. He wants us to consider our clothing that will not be burnt up tomorrow.

This clothing that is more glorious than Solomon's. If you have an LSB translation, the middle of verse 34 says, "Will he not much more clothe you?" The verb there, will he clothe, is in italics, which means that it's supplied by the translators to help us understand. I think this is a good translation, but we must not think of this something that is specifically future, that he will do this.

I think Jesus leaves this as a verbless clause, because he doesn't want to limit our thinking to past, present, or future. That leaves us to consider the clothing he's referring to in terms of all of eternity, past, present, and future. Clothing throughout Scripture is used metaphorically to depict what is in our hearts, sin and righteousness.

Isaiah 64:6 says, "For all of us have become like one who is unclean, and all our righteous deeds are like a filthy garment, and all of us wither like a leaf, and our iniquities, like the wind, carry us away."

Maybe some of you who are here today, you have yet to bow the knee to Christ, put your trust in him. Isaiah tells us here

that even your best deeds are like a filthy garment before God. All of your righteousness, the best things you've done in life, are like a filthy garment. And the filthy garment here is not just filthy like the kid who goes out and he jumps in a puddle of mud and gets covered in mud.

This is much more filthy than that. This is filthy like you fell into a vat of raw sewage. This is filthy like that rag that you use to clean up vomit or some other biological mess that someone makes. It's something that you're so grossed out by that you just throw it away.

It's so dirty you don't even want to soil your washing machine with it. It's offensive to the senses. You don't want it anywhere near you. And if you don't know Christ, this is how you stand before him. Your sin has made you unclean. You stand before him wearing those filthy garments.

And when you're in a state like that, you're not fit to stand before homeless people, much less a king, much less the king of the universe. And if you show up to a king's palace for a king's dinner, wearing garments like that, will you be let in? Most certainly not. You'll be thrown out, if not thrown in the dungeon and kept away.

And if you don't know Christ as Savior, that is still your condition before him. That was us at one point in time. That was all of us at one point in time. That was our past clothing. And maybe some of you in the present. And this is where we have a another glorious, 'but statement' in scripture from 1 Corinthians 6:11, where Paul said, "and such were some of you, but you were washed, you were sanctified, you were justified in the name of the Lord Jesus Christ and in the spirit of our God."

Isaiah said in 61:10, "I will rejoice greatly in Yahweh, my soul will rejoice in my God, for he has clothed me with garments of salvation. He has wrapped me with a robe of righteousness." We know this robe of righteousness comes from Jesus Christ.

2 Corinthians 5:21, "He made Him who knew no sin to be sin on our behalf, that we might become the righteousness of God in Him." So dear one, when you are tempted to worry about something like clothing, remember that your greatest need has been taken care of.

You have had those dirty old filthy garments taken off of you. He has cleansed you, stripped those things away, washed you clean from the inside out, and robed you in new garments of salvation, robes of righteousness to wear. And if he has taken

care of your greatest need, your eternal constitution, giving you eternal life, what else do you need in this life? Oh, you of little faith, he says, don't worry about trivial things that are gone tomorrow.

You've been secured in Christ, robed in his righteousness. And if you are one of those who does not know him, you're still there. You can cry out to him for salvation, cry out to him for forgiveness, confess your sins, and he is gracious to forgive.

He can cleanse you no matter what you've done. He can cleanse you, robe you in garments of salvation, bring you into his family. That's the past and the present.

We still have the future to consider. What future clothing do we have to look forward to? Well, this is precisely what Reuben preached on just a few weeks ago. 2 Corinthians 5:1 to 5, Paul says, "For we know that if the earthly tent, which is our house, is torn down, we have a building from God, a house not made with hands, eternal in the heavens.

"For indeed, in this we groan, longing to be clothed with our dwelling from heaven. Inasmuch as we, having put it on, will not be found naked. For indeed, while we are in this tent, we groan, being burdened, because we do not want to be unclothed,

but to be clothed, so that what is mortal will be swallowed up by life."

Now, he who prepared us for this very purpose is God, who gave to us the Holy Spirit as a pledge. So, if God has taken care of your greatest need, he has cleansed you from your sins, given you robes of righteousness, he will most certainly provide the lesser for you. And if you have this hope of being clothed in a future body that is far more glorious than anything we see in creation now, what need do we have in this life?

Even if you go through this life with nothing but shabby rags to wear, don't worry, you will one day be clothed with robes that are glorious beyond compare. For this reason, Paul could continue to have good courage in any situation. And we, likewise, we can have good courage whenever we are worrisome, tempted to worry, be fearful about the future.

But the Lord has taken care of our greatest need of being set free from this body of death, and will one day clothe us in a new one. And with this hope, we have no need to worry about the future. We have no need to worry about what we will wear tomorrow, whether it will be worn out, and we haven't the money for new clothing, or we don't have provision for things that we

need. For in just a little while, you will be clothed in glory, dear one.

Trust him, he has taken care of you, and he will take care of you. That brings us to the sixth reality to ruminate on in order to dispel worry from your heart, and that is your clan. Matthew 6:31 to 33. "Do not worry then, saying, what will we eat, or what will we drink, or what will we wear for clothing, for all these things the Gentiles eagerly seek. For your heavenly Father knows that you need all these things. But seek first his kingdom and his righteousness, and all these things will be added to you."

So we must, when we are tempted to worry into anxiety, we must consider our family, our kin, our kingdom, our father, or as I have summed it up here, our clan. Jesus continues to make helpful distinctions for us. While we are all, most likely all of us here, non-Jews or Gentiles, the word here is used in the sense of being referring to unbelievers, those who do not have faith in Jesus Christ.

Unbelievers eagerly seek all of these things, food, drink, and clothing, etc. And I would pause here just for a moment and say, if you eagerly seek those things, if you're overcome by worry every day for those things, and you have no peace, you

have no rest, it may be because you do not trust in Christ. It might be because there is no faith in you.

You want to examine your own heart. But when things go wrong in life, or we are tempted to worry about any number of things, do you stop and say or think to yourself, wait a minute, I'm going to take this thing and put it in the context of everything I know and believe about God and my relationship to him, and I'm going to look at it again.

If that is you, even if you are overcome by worry at times, if that is you, then take heart, beloved, that is how a Christian thinks. But if the next sentence gives you no peace, no rest, then maybe you need to cry out to him for eyes of faith to see. When he says, your heavenly father knows that you need all of these things.

God looks down from his throne upon each of his children. He knows what you need every day. He isn't distant and unconcerned about your daily needs. He knows them all, and he cares deeply about them. And Jesus has already made the argument. He doesn't need to repeat himself, but I will.

If God knows what you need, and he's good and he's wise and all-powerful, a loving father who wants to give all of his

children good things, then he's going to take care of you. Let that bring a peace upon your heart. Let that comfort your heart.

You don't have to eagerly seek after food and drink and clothing. Rather, you can rest, knowing that God knows you need all those things, and he will provide for you. Rather, you should eagerly seek first his kingdom and his righteousness.

Right before this, Jesus taught the disciples a pattern of prayer. Did he tell them in that prayer not to concern themselves at all with daily bread? No, He put that in their prayer. But look at the order.

Jesus did not say, to pray to God, hallowed be your name, give us our daily bread. No, he taught us to pray first, your kingdom come, your will be done, and then to give attention to our daily needs. As we think about what it means to seek his kingdom and his righteousness, we could probably spend a good deal of time, particularly in our day and age, on what seeking his kingdom is not.

I think there's a lot of confusion out there specifically regarding Christian nationalism, and so I'll try to be brief for the sake of time, just in clarifying this in summary fashion. Seeking Christ's kingdom, seeking God's kingdom, the kingdom of

heaven, doesn't mean seeking to set up his kingdom or his government here on earth.

Yes, we as Christians, we should vote and be involved in local and national politics. We should seek to vote and encourage a government that has just laws, that align with Scripture, that protects the most helpless among us. But that can't be the main thing. In Matthew 16:18, Jesus said, "I will build my church."

And right before Jesus ascended into heaven, he gave the disciples their clear instructions on how to accomplish this. In Matthew 28:19 to 20, where he told them, "Go therefore and make disciples of all nations." Not turn all nations into Christian nations, "but make disciples of all nations, baptizing them in the name of the Father and the Son and the Holy Spirit, teaching them to keep all that I commanded you. And behold, I am with you always, even to the end of the age."

Seeking his kingdom first means we put his command, his mission first, to evangelize and disciple. And through these means, he will build his church. And yes, we do as Christians, we pray that through the expansion of the church, the gospel going out, having a greater effect on the culture.

We pray for great revival even today in our nation, that it might turn back from the Romans 1 path that it's on. But our main goal is not to build a Christian government. We want a government that has laws aligned with creation order and the revealed law of God.

But our primary focus has to be on the mission that Jesus left us with. We need to seek first his kingdom by evangelizing and discipling. And second, we need to seek his righteousness. We need to be about ordering our own life after him to bring him glory.

We need to seek to be holy as he is holy, to grow in our sanctification, to seek to be righteous as he is righteous in our hearts, in our homes, in our jobs, to be salt and light. We ought to seek to love our families well, provide for our families, serve faithfully in our vocation, to seek to work out all the one another commands towards our fellow church members.

Jesus says, as you seek to walk righteously in this world in that way, your heavenly father is going to take care of all your daily needs. If you seek first his kingdom and his righteousness, we're going to be blessed, we're going to be provided for. And even if we do fall on hard times, we have the church to help us.

We have that blessed line in the creed that we read earlier, the communion of saints, to bind together, to care for one another, to love one another. When one person falls on hard times, we provide for one another. The church is the church.

We need to think like Jesus. When he was accomplishing his mission on this earth, he said, "My kingdom is not of this world." He had a much greater mission then, than setting up his government on the earth, and that was redeeming a people for himself to make a way for salvation.

And that likewise is what we are to put first, to take the gospel to a lost and dying and dark world. And when we make that the main thing, when we eagerly seek that, all our daily needs will be taken care of along the way. So when we are tempted to worry, we must remind ourselves that this isn't our kingdom.

These aren't our people. He's taking care of all of our needs, and he's going to bring us home one day. And if we keep our eyes on this mission, then he's going to take care of everything else.

And that brings us to the seventh reality, your capacity. In verse 34, Jesus said, "So do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of

its own." So first of all, this doesn't mean that you can worry about today's problems. I'm not worrying about tomorrow, just things that might happen later today. No, it's still a sin.

Martyn Lloyd-Jones says, "According to our Lord, the vital thing is not to spend every day of your life in adding up the grand total of everything that is ever likely to happen to you in the whole of your life in this world. If you do that, it will crush you. That is not the way. Rather, you must think of it like this. There is, as it were, a daily quota of problems and difficulties in life. Every day has its own problems and difficulties in life. The great thing to do is to realize that every day must be lived in and of itself as a unit. Here's the quota today. We have to take it day by day."

God has not given us the mental capacity, the spiritual maturity to handle everything that is even going to happen to us in the next month, much less years down the road of things we often are fearful and worrisome of. God has given us the capacity to deal with the problems in front of us today. I've mentioned this before.

I'm not sure if I've mentioned it in this context, but in seminary, when I was taking classes at the beginning of a semester, I would get all of my syllabi together, and I would

put all of the assignments from all of those things into one spreadsheet so I could just look in one place for the things that I had to do.

And when I was done, I learned that I had to limit myself from scrolling down to the other pages in that spreadsheet because it would often just induce a panic attack in my heart. When I would see the amount of stuff that I had to do that entire semester, I would become anxious.

And so I would have to limit myself to only look at the next few days. I had planned it all out. There was the plan there. All I had to do was follow the plan and take it day by day. Beloved, the Lord has many things in store for us. Some of us, he has things in store for tomorrow that we may not be able to handle knowing about today.

Some of these things for our joy, some for our discipline and improvement, for our refining. We do not know what tomorrow will bring. And for some of us, if we did, it would crush us. We have to keep our scope on today. I know when you have, for instance, several little kids at home, you wonder how you're even going to make it through the day. But the Lord wants you to keep focused on the problems for this day.

Just be faithful. Sometimes it's just be faithful for the next 10 minutes. The next hour. And make it through the day that the Lord has put in front of you. Just be faithful with a moment that each step that you take each day, be faithful in that moment with what is before you. Don't worry what's out ahead of you.

It is far beyond your capacity to handle it. But you do have the capacity to handle what the Lord has brought into your life right now. Just as God will not tempt us beyond what we can bear, 1 Corinthians 10:13, so he will not give us anything beyond our capacity to handle today, considering he's giving us the strength to walk through that.

We can't handle anything on our own strength, but he will certainly supply you with the strength that you need to get through today. So beloved, when you are tempted to worry, or you find yourself overcome by worry, you need to dislodge that self-multiplying pervasive sin and renew your mind with these seven truths. That you have a gracious commander, a loving master who has issued you this freeing command. Don't worry and be anxious. Come to me. Cast all your cares upon me.

Renew your mind with the reality of your composition. That the only thing worry is going to do is destroy your body,

destroy your soul. It's going to hinder your fruitfulness and usefulness to the Lord. Don't do that.

Renew your mind with your class, that you are far more valuable as an image bearer than the rest of creation that he cares for. But beyond that, you're his child. He's going to take care of you, just like you would have taken care of your children, or have taken care of your children.

Remember your capability, that you do have the grace and the power to choose life and prolong your days. But it isn't by worrying, it's by walking in obedience. Remember your constitution, that God took care of our greatest problem of sin. That we were covered in the most horrible and disgusting clothes and wretched sinful hearts. But he cleansed us. He robed us in Christ's perfect righteousness.

And moreover, we can have good courage in this life no matter what. Because one day, we're going to be robed with new bodies that will never depend upon daily food. We'll never worry in eternity. We'll have every need met. There will be no want. And we even have the blessed hope that one day, we're never going to worry again. I don't know about you, but I look forward to that day.

Remember your clan, your family, your kingdom. We have Christ as our brother, God as our father. We are citizens of his kingdom. And we have this promise that when we seek his kingdom first, and walk righteously, all the things that we need are going to be added to us.

And finally, we have to remember just to trust the Lord with the capacity he's given us to handle whatever he brings into our life today. We can handle whatever the Lord brings in a year, in two years, but we'll be able to handle it when we get there by the grace of God to walk faithfully day after day. As you seek to take worrisome thoughts captive, these are some truths that have helped me.

I pray that these are some wonderful truths that will keep watch over your heart and give you righteous thoughts to replace those deceptive worrisome thoughts with. And when one of these does not suffice to lock away that worrisome thought, then just recite another one in your heart. And then another, and then another, until that thought is subdued and placed in the context of what you know to be true about God and these glorious truths.

Our Father in heaven, we are so weak and frail as men. We are but dust. We are but worms. And yet you care for us. You know every single need of every single person in this room. You

know every hair on their head. You have numbered them. You know all that we need. You know far better than we do what we need. And we humbly come before you today knowing, Lord, that what we need most is you. For some, they need to repent and believe and trust in you for the first time. They need to have those the filthy garments of their sin taken away.

We pray, Lord, that you would convict them of sin and righteousness today and give them eyes of faith to see and ears to hear. That they would confess with their mouth and believe with their heart and trust and repent and believe and be saved. But for those of us who are here who do know you, we pray, Lord, that you would set these truths over our heart as watchtowers to be on the lookout for worry.

To shine the light of your truth on worry quickly when it enters into our minds and hearts. That it would be dispelled quickly before it multiplies and turns into a much bigger problem that's hard to dispel. We pray that you would do these things and glorify yourself in us. That we might be lights to a lost and dying world, Lord. That we would, regardless of our life circumstances, rejoice and give thanks for your provision for us in the gospel. We pray these things in Jesus' name. Amen.