

# Living Right-side Up In An Upside-Down World



Studies in  
the  
Sermon  
on  
the  
Mount

# Some Causes of Anxiety



# Some Causes of Anxiety



25 “Therefore I tell you, do not be anxious about your life...”

# Some Hope For Anxiety



- V 26 "Look at the birds..."
- V 28 "Consider the lilies..."
- V 33 "But seek first..."

## Look at the Birds

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?”

# Look at the Birds



Study Creation

# Consider the Flowers

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?

Study Creation

# Consider the Flowers



Study Creation



## Seek To Not Be Like the Gentiles

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.

Study Creation

# Seek To Not Be Like the Gentiles

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.



**“Every worry is a vote of no confidence in God.”**  
Helmut Thielicke

# Seek First

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.

Seek First

# Some Hope For Anxiety



- **Study Creation (look & examine)**
- **Seek First His Kingdom & Righteousness**