

Trinity Home Teams

Sermon Notes / April 26, 2026

Matthew 6:25-34 / *Fulfilling God's Commands:*

How Anxiety and Anger Assist in our Failure, Part I

1. If you have anxiety or anger, what might be causing it? Consider the spiritual and natural causes outlined.
2. What are some natural causes of anxiety? When does it cross a line to be a problem, spiritual or otherwise?
3. Diagnosing oneself is always tricky (or dangerous). Can you find a trusted friend to help you judge this?
4. Consider **Romans 8:5-8**. *Discuss. Meditate. Marinate.*

The news makes us anxious, right? What we hear and see draws us to anxiety and anger but God's word calls us to something different! I want you to see how anxiety and anger prevent us from *fulfilling God's commands!*

There seem to be billion-dollar industries built on creating anxiety and anger, and then billion-dollar industries built on providing medication and hollow therapies to dampen the effects. They are not the ultimate cure. We should be very cautious then, unless our anxiety and anger are caused by true chemical imbalance in the brain, to avoid using worldly solutions to correct them.

All too often we skip over a *spiritual diagnosis* and too easily accept a *worldly diagnosis*. This is a spiritual battle against a supernatural enemy. For the Christian especially, our first remedy must be the Word of God!

NATURAL CAUSES -- Some natural causes may be lack of sleep, high blood pressure, overeating, undereating, strained relationships, social withdrawal, etc.

QUICK FIX -- In an effort to find a simple solution and remedy we go to the doctor or maybe a therapist and say: "These are my symptoms, now fix me." There are certainly real and persistent physical and mental health problems that can be treated with modern medicine. Yet too often, our first instinct is to skip any spiritual diagnosis and remedy for the sake of a physical one.

Jesus speaks of anxiety in the form of a *command*. We can't avoid Satan's lies without meditating on the Word!

Matthew 6:25 -- *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?*

Matt. 22:36-40 -- *...And he said to him, "You shall love the Lord your God with all your heart and with all your soul and with all your mind. ³⁸This is the great and first commandment. ³⁹And a second is like it: You shall love your neighbor as yourself. ⁴⁰On these two commandments depend all the Law and the Prophets."*

Ephesians 6:10-13 – *Finally, be strong in the Lord and in the strength of his might. ¹¹Put on the whole armor of God, that you may be able to stand against the schemes of the devil. ¹²For we do not wrestle against flesh and blood, but against the rulers, against the authorities, against the*

*cosmic powers over this present darkness, against the spiritual forces of evil in the heavenly places. ¹³Therefore take up the whole armor of God, that you may be able to withstand in the evil day, and having done all, to stand firm. **Rom. 8:35** -- Who shall separate us from the love of Christ? Shall tribulation, or distress, or persecution, or famine, or nakedness, or danger, or sword? ... ³⁷No, in all these things we are more than conquerors through him who loved us.*

The enemy is working to maximize suffering, but Jesus Christ has won! If we cling to Christ Jesus, we will live!

Later in this series, we'll discuss anger. We'll be going back to the Sermon on the Mount (Matthew 5:21-26). Anger can be righteous or unrighteous. God is angered by rebellion and idolatry. Jesus was angered by hypocrisy and the desecration of God's temple. We can be righteous in our anger at those things that God is angry with.

The Hidden Battle

I know a little about military tactics – the central tenants of warfare. First you evaluate your main objectives that accomplish your leader's commands. You must also look at the enemy's main objectives to see how that affects your plan. Then you evaluate your strengths and weaknesses, and the enemy's strengths and weaknesses. And in order to win battles, you attempt to align your strengths against your enemy's weaknesses in order to prevent their main objectives. You use tactics like canalizing to force him down a restricted route. You use what's called a feint, or a fake attack, to get him focused on the wrong area when the real attack is in another area.

Consider Matthew 22:36-40. The lawyer trying to trip up Jesus asks: "*Teacher, which is the great commandment in the Law?*" ³⁷ *And he said to him, "You shall love the Lord your God with all your heart and with all your soul and with all your mind. ³⁸This is the great and first commandment. ³⁹And a second is like it: You shall love your neighbor as yourself. ⁴⁰On these two commandments depend all the Law and the Prophets."*

Jesus tells us right here what the main commandments are for His people, the primary and secondary objectives. To love God first, and to love our neighbor, anxiety and anger aren't the only two weaknesses that the enemy uses. But I see them as two of the most prevalent:

- 1: Draw us away from loving God with all our heart, soul and mind by being anxious about things that he has already promised to provide, or anxious without cause.
- 2: Draw us away from loving our neighbor as ourselves by causing us to give in to unrighteous anger against our brother, or by holding grudges against our brother.

The enemy really wants to break our will to fight. He is crouching at the door, using spies and saboteurs to give us misdirection. The enemy poisons all the water sources from which we drink. The only one he can't get to is the living water that is Christ Jesus. If we draw from any other water source, we *must* sanitize it with the iodine of God's word.