

Trinity Home Teams

Sermon Notes / May 3, 2026

Matthew 6:19-24 / *Jesus' Words on Anxiety, Part II: The symptoms, diagnosis and remedy*

1. How are Jesus' several examples in this passage a list of causes for anxiety? What are they?
2. What things would you miss most if your house burned? Would calamity steal your joy? Your faith?
3. "You can't serve God and money." Explain this simply – as if you were talking to children. Listen to yourself!
4. Does your *schedule* cause anxiety? What must change?

Jesus gave us two commands that summarize the law:

Matthew 22:37-40 *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."³⁸ This is the great and first commandment.³⁹ And a second is like it: You shall love your neighbor as yourself.*

Last week, we discussed how *anxiety* and *unrighteous anger* prevent us from wholeheartedly fulfilling these two commands. Today let's examine how giving in to anxiety can prevent us from loving God with our entire being.

Certainly Satan uses anxiety to draw us away from loving God by being anxious about things that God has already promised to provide. Let's focus on our part in that battle. Instead of saying "*the devil made me do it,*" let's examine how we allow our flesh to lead us into anxiety, instead of seeking first the kingdom of God.

When Jesus is saying these words in Matt. 6 – "*Therefore, do not be anxious about your life*" – he's not giving empty platitudes like a bumper sticker that says "**be happy!**" Jesus is like the doctor giving you not only a *diagnosis*, but also the *cure*.

At the beginning of the charge (*don't be anxious*) Jesus says "therefore," indicating something precedes. We usually start at v25 because that's where our Bibles break paragraphs. If we just read these verses 25-34, we're left with an incomplete picture of our diagnosis and it's remedy. Consider today's passage in ch6.

The Symptoms

These words on anxiety hold eternal weight and cut through our fleshly excuses to the heart of the matter. Our King is gently and understandingly telling the crowds gathered that day: *persistent anxiety comes from being worldly minded*. This might offend, but persistent anxiety prevents us from loving and trusting God rightly.

DEFINITIONS

- apprehensive uneasiness or nervousness usually over an impending or anticipated misfortune
- mentally distressing concern or interest

We all know there are different sources of anxiety and types of anxiety: rattlesnakes ... a visit from your mother-in-law ... piles of bills ... layoffs. *When you find out your*

husband is getting deployed again, you've already got five small children and it looks like he's going to miss the birth of No. 6 -- that's real anxiety! Is anxiety sinful in these situations? No, but if we don't treat our times of stress and anxiety correctly, they can and do lead to sin.

The Diagnosis

Matt. 6:19 "*Do not lay up for yourselves treasures on earth, where moth and rust destroy and where thieves break in and steal,²⁰ but lay up for yourselves treasures in heaven, where neither moth nor rust destroys and where thieves do not break in and steal.*"

Theft might worry us, but in today's secure homes, we don't worry much about these things. And we don't have moths. At the time this was written, homes weren't secure; theft was easy. Wealth was accumulated in dry goods and clothing. If you accumulated jewelry and metal valuables, rust or fire could easily take them.

In this passage, *Jesus makes a distinction between possessions and treasure*. He's not saying avoid having possessions. It would be hard to fulfil God's command to multiply if we can't provide for our children.

Proverbs 13:22 "*A good man leaves an inheritance to his children's children, but the sinner's wealth is laid up for the righteous.*"

This isn't about not having earthly *possessions*; this is about not having earthly *treasures*.

Consider v21: *For where your treasure is, there your heart will be also*. Jesus is telling us that if we place such emphasis on earthly possession or status, our heart becomes beholden to those things. Instead of being the tools or *servants* that God gave us for our benefit yes, but ultimately His glory, we elevate these things to "master."

Phil. 4:10-13 *Not that I am speaking of being in need, for I have learned, in whatever situation I am, to be content.¹² I know how to be brought low, and I know how to abound. In any and every circumstance, I have learned the secret of facing plenty and hunger, abundance and need.¹³ I can do all things through him who strengthens me. and money.*"

The Remedy

The answer is simple but not easy. While anxiety may not be killing us physically, it may be killing us spiritually. At the very least anxiety could be preventing us from loving God with all our hearts, souls and our mind. If we are serving any other master in our lives, how can we be fully devoted to THE MASTER? First, we must recognize that we have a problem. Confess it before God. Jesus went after the primary source of anxiety for the people at the sermon on the mount. What is yours?

Secondly, we must recognize the seriousness of the problem: If we are chronically anxious about things, we are trying to serve the wrong master. We are being earthly minded. We are not trusting God. We must repent. Read and consider Matt. 6:25-34 in new light.