

**Introduction**

1. Christ here preaches to his people
2. Various evils: hypocrisy / covetousness...
3. Here: anxiety or worry  
**OBSERVE**: We as Christians must learn to live in this world without anxiety: TEXT

**1. WHAT IS ANXIETY OR WORRY?**

- 1) One of the many trials in this world: v.34
- 2) We must live
  - (i) responsibly
  - (ii) in an ordered and disciplined way
  - (iii) keeping God's Law
- 3) But not to allow FEAR to settle on our mind:
  - (i) "Taking thought" (v.25, 27, 28, 31, 34)
  - (ii) **Illustration**: "add one cubit"! Folly.
  - (iii) "Buried in thought" – an obsession  
**OBSERVE**: Worry is a killer – a destroyer:  
**ILLUSTRATION**: a lady who "fell silent"
- 4) It is all too easy to fall into worry:
  - (i) "for your life": v.25. So many do – they are in perpetual worry.
  - (ii) it is worldliness: v.32
  - (iii) food, drink, clothes – anything.  
**DEFINITION**: That sickness of the mind by which we allow our minds to be darkened by fears of one kind or another.

**2. WHEN WORRY STRIKES US, WHAT DO WE DO?**

- 1) Tell yourself, God never commands worry:  
"Be careful for nothing".
- 2) Worry arises from unbelief – so we need to remind ourselves of God's Word.
- 3) God never forsakes His people – in the trials of life His promises are always true: Isaiah 43:1-3
- 4) When worry strikes you, go on your knees to seek God's face:  
**ILLUSTRATION**: Hezekiah, Daniel, Paul
- 5) God is greater than all our problems and He has the answers – to problems great and small:  
**ILLUSTRATION**: the printer which jammed.
- 6) God has promised to supply all our needs:  
**ILLUSTRATION**: I to Dumfries years ago
- 7) Do not be afraid of your enemies or those who seek to do you harm:  
"In nothing terrified...", said Paul.

**CONCLUSION**

1. Take away your fears for yesterday and fears for tomorrow – what is there left?
2. "Sufficient unto the day is the evil thereof" – one step at a time.
3. Who had such menacing cares as Christ?

**PSALM****124<sup>1</sup>: 1 – 8****62: 5 – 8****27: 11 - 14**