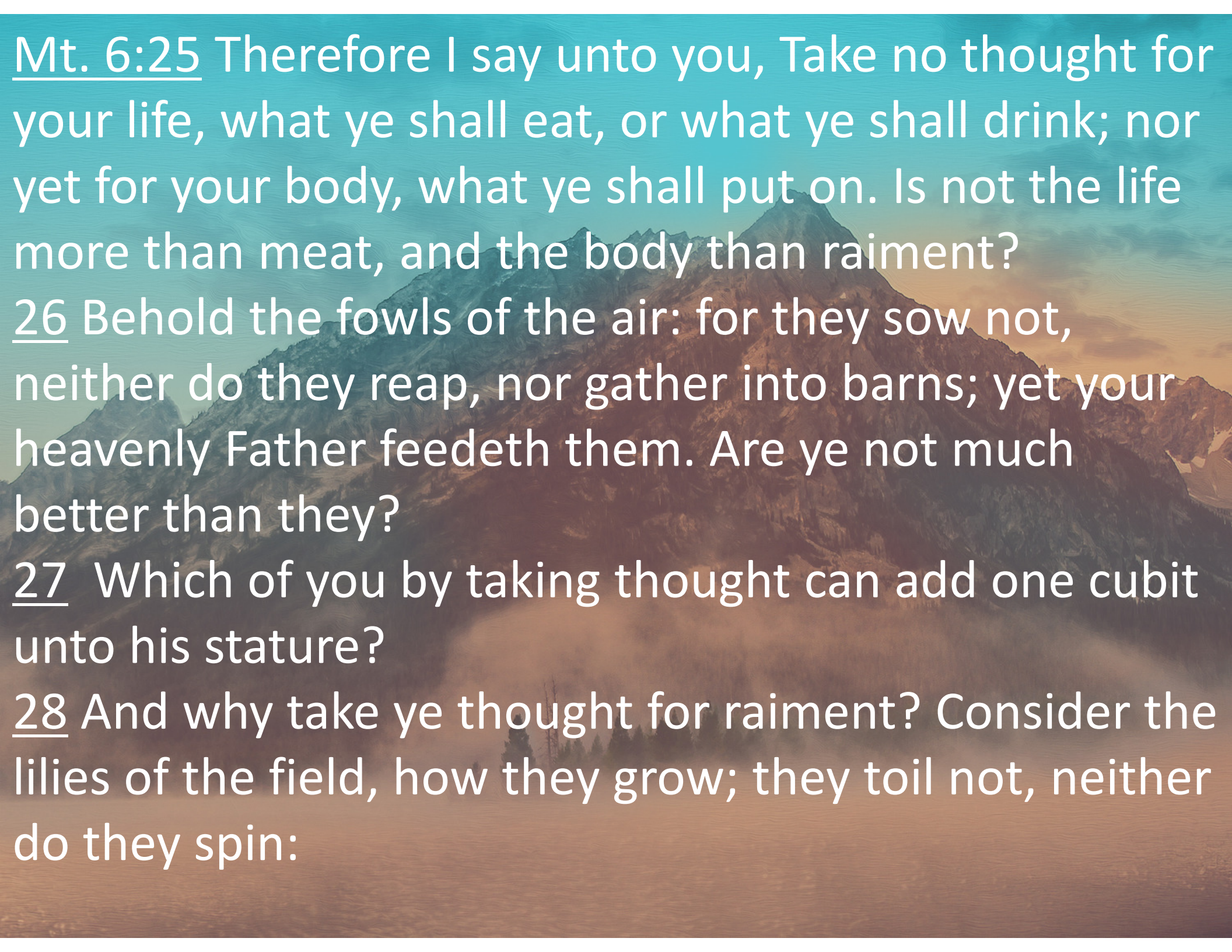




THE SERMON ON THE MOUNT

Mt. 6:25-30

“Facing the Worries of Life”



Mt. 6:25 Therefore I say unto you, Take no thought for your life, what ye shall eat, or what ye shall drink; nor yet for your body, what ye shall put on. Is not the life more than meat, and the body than raiment?

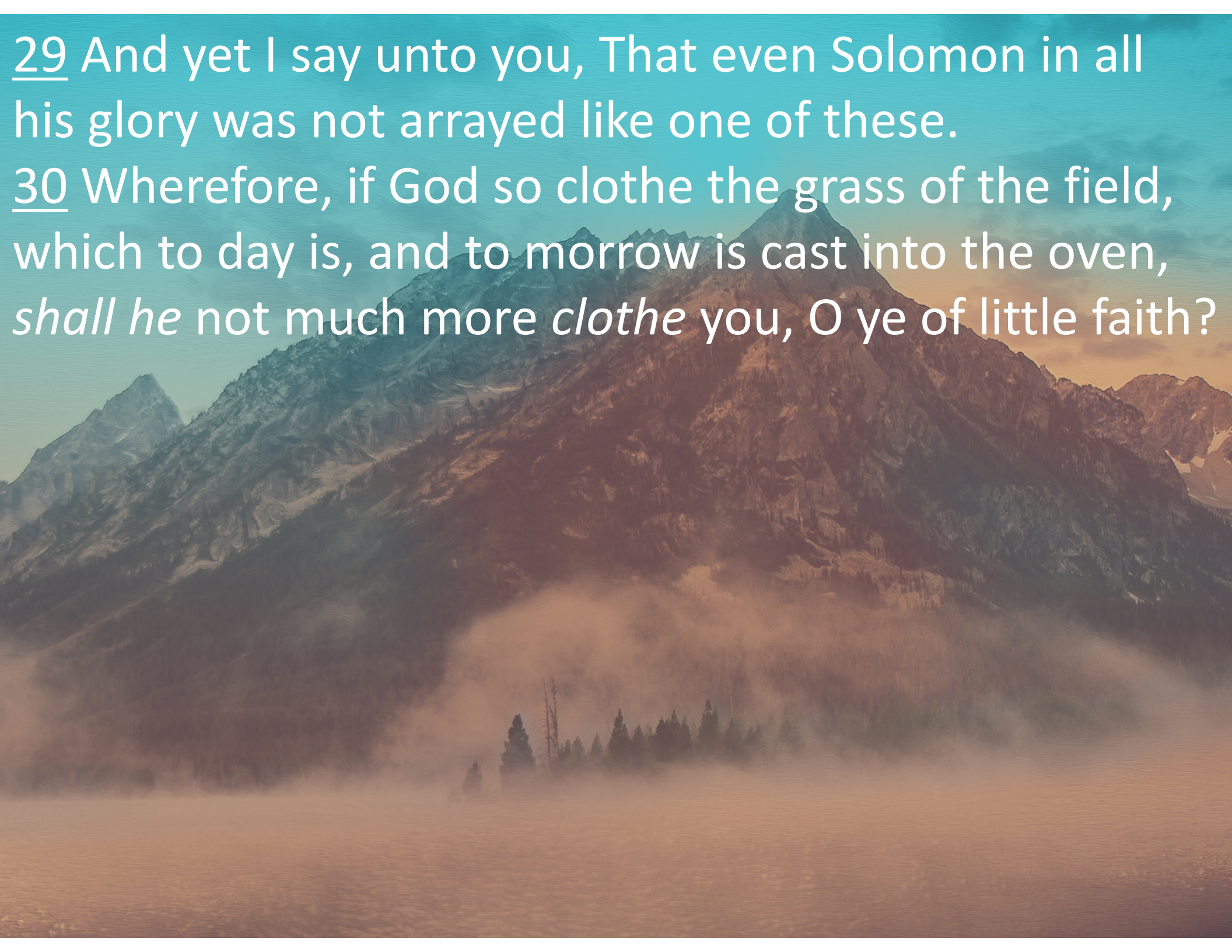
26 Behold the fowls of the air: for they sow not, neither do they reap, nor gather into barns; yet your heavenly Father feedeth them. Are ye not much better than they?

27 Which of you by taking thought can add one cubit unto his stature?

28 And why take ye thought for raiment? Consider the lilies of the field, how they grow; they toil not, neither do they spin:

29 And yet I say unto you, That even Solomon in all his glory was not arrayed like one of these.

30 Wherefore, if God so clothe the grass of the field, which to day is, and to morrow is cast into the oven, *shall he* not much more *clothe* you, O ye of little faith?



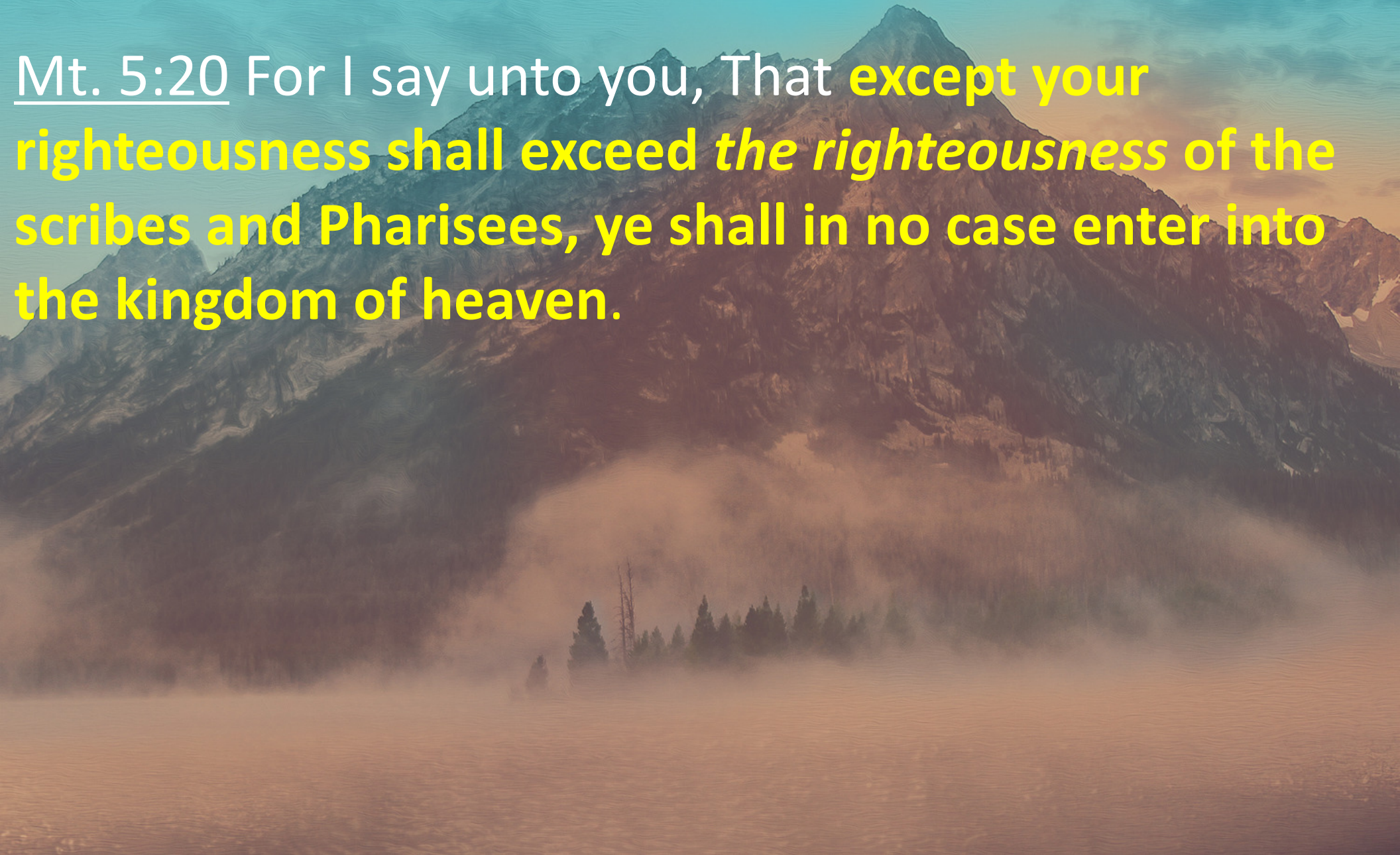
Review

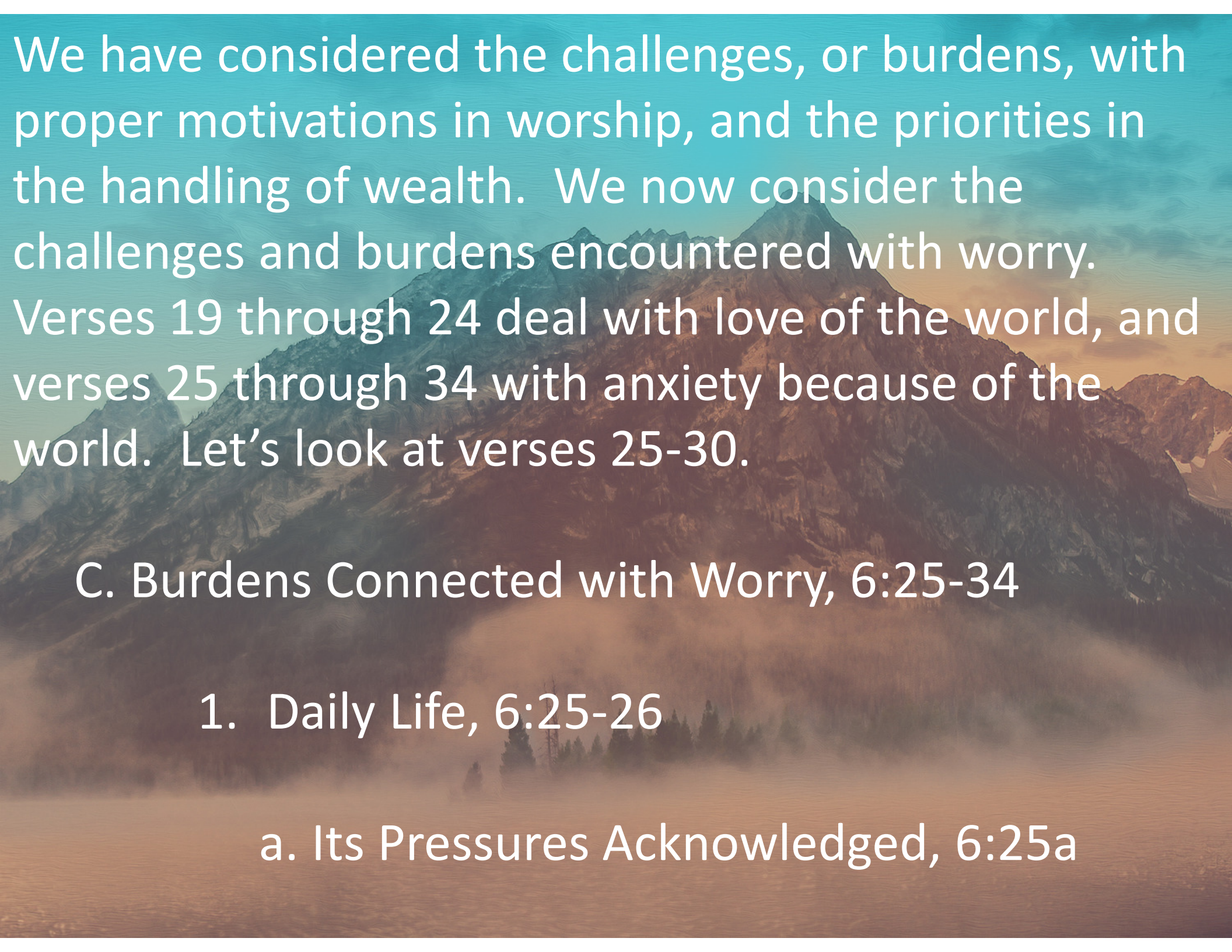
Back in December we began the exegesis of this great sermon preached by the Lord Jesus Christ. Let's review the outline:

- I. THE DISCIPLE AND HIS BLESSINGS, 5:1-16
- II. THE DISCIPLE AND HIS BELIEFS, 5:17-20
- III. THE DISCIPLE AND HIS BIBLE, 5:21-48
- IV. THE DISCIPLE AND HIS BURDENS, 6:1-34
 - A. Burdens Connected with Worship, 6:1-18
 - B. Burdens Connected with Wealth, 6:19-24
 1. A Choice of Loves, 6:19-21
 2. A Choice of Looks, 6:22-23
 - a. Where Light is Exalted, 6:22
 - b. Where Light is Excluded, 6:23
 3. A Choice of Lords, 6:24
 - a. The Choice Explained, 6:24a
 - b. The Choice Exemplified, 6:24b

Early in the “Sermon on the Mount” the Lord Jesus emphasized His concern regarding “righteousness.”

Mt. 5:20 For I say unto you, That **except your righteousness shall exceed *the righteousness* of the scribes and Pharisees, ye shall in no case enter into the kingdom of heaven.**





We have considered the challenges, or burdens, with proper motivations in worship, and the priorities in the handling of wealth. We now consider the challenges and burdens encountered with worry. Verses 19 through 24 deal with love of the world, and verses 25 through 34 with anxiety because of the world. Let's look at verses 25-30.

C. Burdens Connected with Worry, 6:25-34

1. Daily Life, 6:25-26

a. Its Pressures Acknowledged, 6:25a

(1) Problems of Diet – “Therefore I say unto you, Take no thought for your life, what ye shall eat, or what ye shall drink...”

- ❖ Since this verse begins with a “Therefore,” we are reminded to consider the previous verses which encouraged us to guard our hearts regarding our treasures.
- ❖ Now we look at typical concerns of existence – food and clothing.

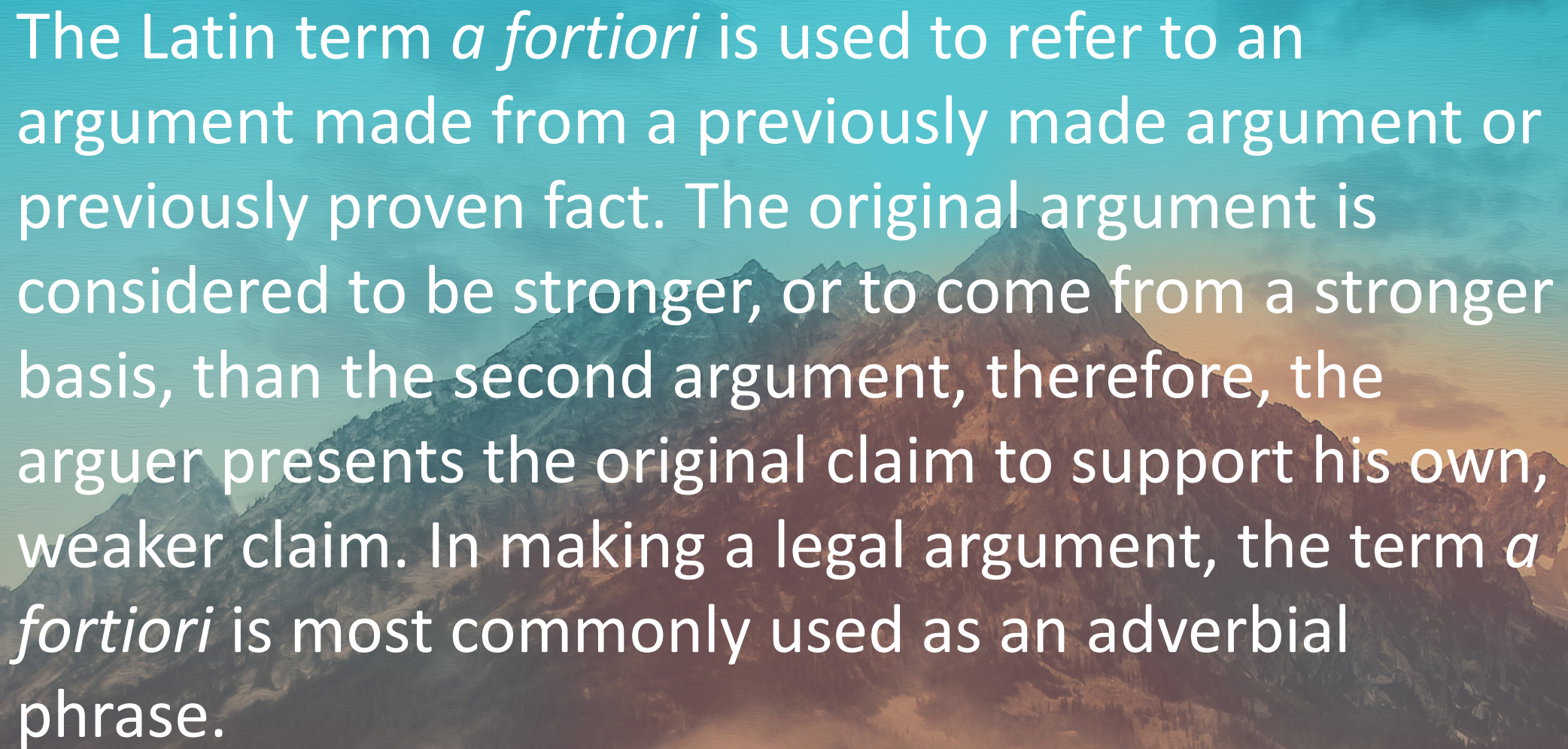
❖ Believers may be easily sidetracked with “treasures” and neglect to consider that worrying about common, every day needs may also derail their faith.

"There may be greater sins than worry, but very certainly there is no more disabling sin."

Mark L. Bailey, "A Biblical Theology of Paul's Pastoral Epistles," in *A Biblical Theology of the New Testament*, p. 342. Cf. H. F. D. Sparks, "The Doctrine of the Divine Fatherhood of God in the Gospels," in *Studies in the Gospels: Essays in Memory of R. H. Lightfoot*, pp. 241-62; James Barr, "Abba Isn't Daddy," *Journal of Theological Studies* 39 (1988):28-47.

(2) Problems of Dress – “...nor yet for your body, what ye shall put on...”

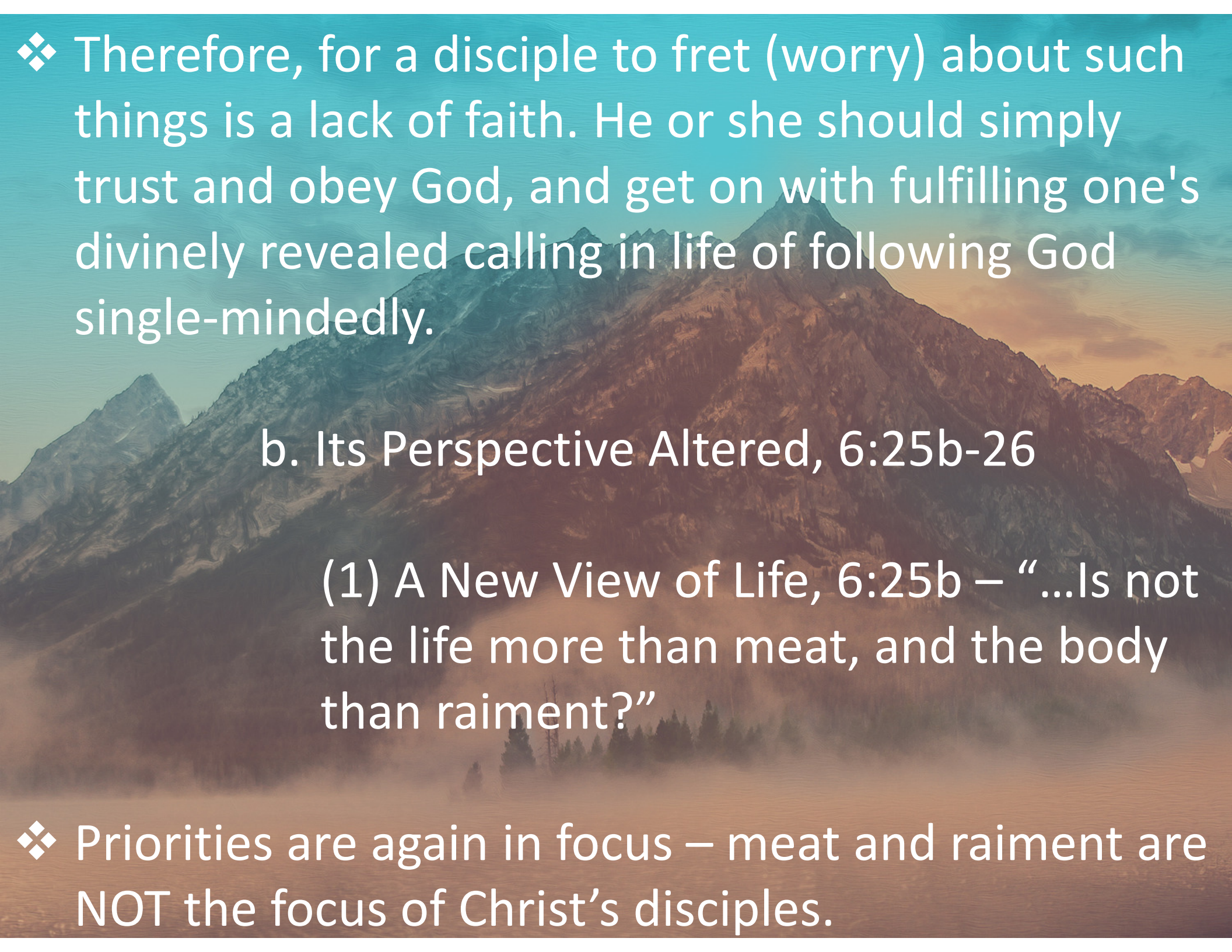
- ❖ The same principle is found in Luke 12:22-31:
- ❖ This argument is *a fortiori*, or *qal wahomer*, "How much more ...?"



The Latin term *a fortiori* is used to refer to an argument made from a previously made argument or previously proven fact. The original argument is considered to be stronger, or to come from a stronger basis, than the second argument, therefore, the arguer presents the original claim to support his own, weaker claim. In making a legal argument, the term *a fortiori* is most commonly used as an adverbial phrase.

Def. = For an even stronger reason

<https://legaldictionary.net/a-fortiori/>



❖ Therefore, for a disciple to fret (worry) about such things is a lack of faith. He or she should simply trust and obey God, and get on with fulfilling one's divinely revealed calling in life of following God single-mindedly.

b. Its Perspective Altered, 6:25b-26

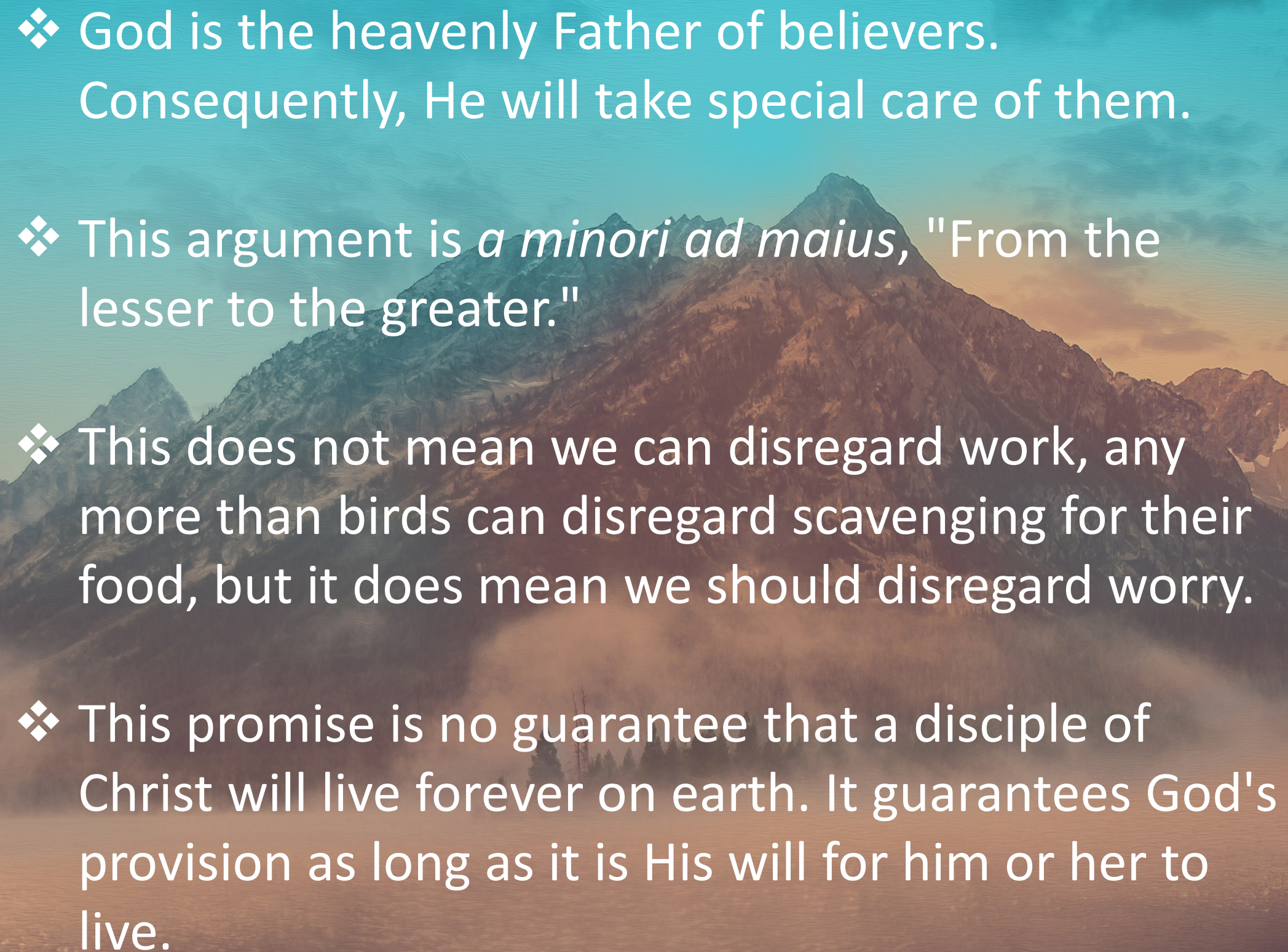
(1) A New View of Life, 6:25b – “...Is not the life more than meat, and the body than raiment?”

❖ Priorities are again in focus – meat and raiment are NOT the focus of Christ's disciples.

(2) A New Value of Life, 6:26

Mt. 6:26 Behold the fowls of the air: for they sow not, neither do they reap, nor gather into barns; **yet your heavenly Father feedeth them. Are ye not much better than they?**

- ❖ If we fret constantly about having enough "food" and "clothing," we show that we have not yet learned a very basic lesson that nature teaches us: God provides for His creatures' needs.

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- ❖ God is the heavenly Father of believers. Consequently, He will take special care of them.
 - ❖ This argument is *a minori ad maius*, "From the lesser to the greater."
 - ❖ This does not mean we can disregard work, any more than birds can disregard scavenging for their food, but it does mean we should disregard worry.
 - ❖ This promise is no guarantee that a disciple of Christ will live forever on earth. It guarantees God's provision as long as it is His will for him or her to live.

2. Divine Logic, 6:27-32

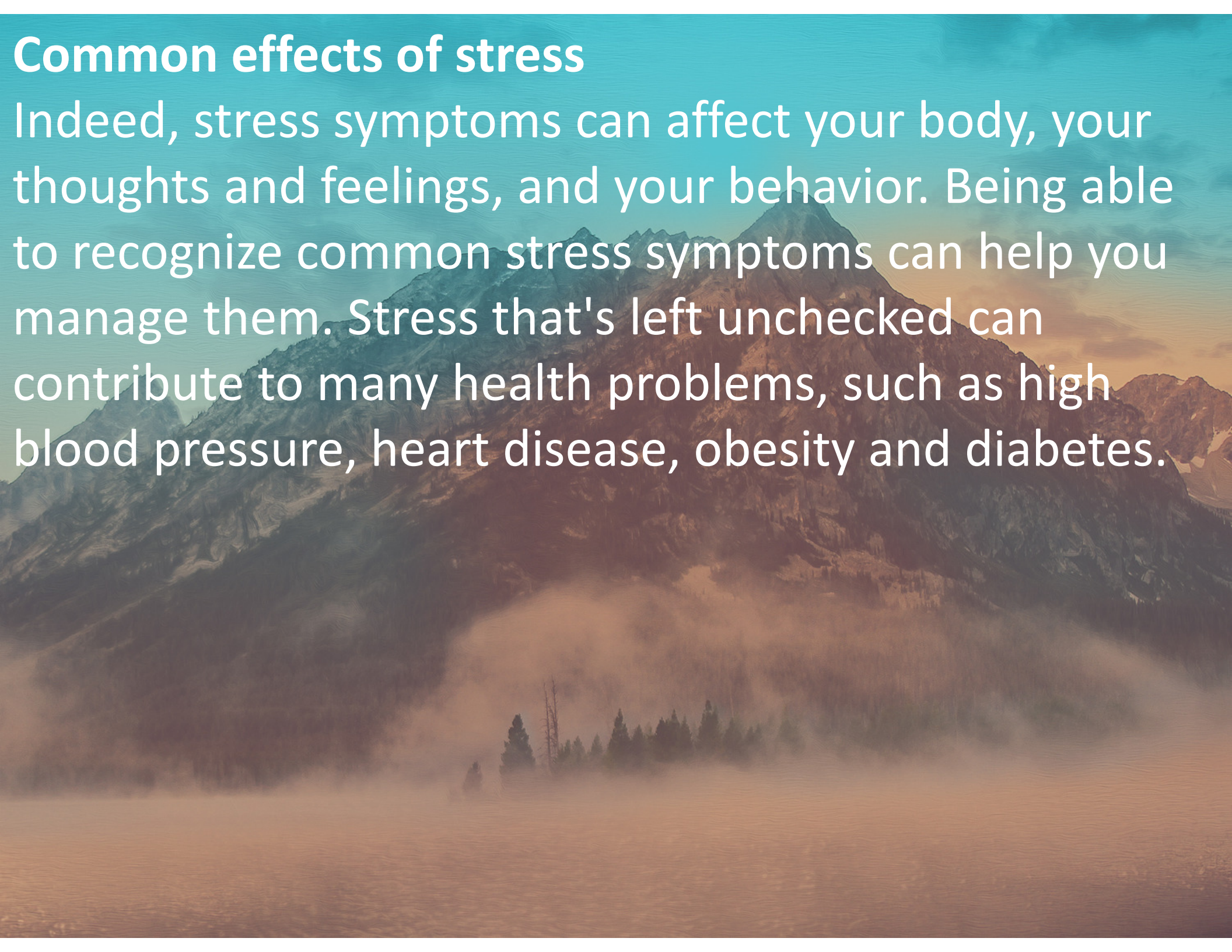
a. Our Human Frame, 6:27

Mt. 6:27 Which of you by taking thought can add one cubit unto his stature?

- ❖ Fretting cannot lengthen life (better than a person's physical stature) any more than it can put food on the table or clothes on the back.
- ❖ Medical knowledge and skill cannot extend life.
- ❖ Worry, which produces stress, can actually make a person sick and shorten life.

Common effects of stress

Indeed, stress symptoms can affect your body, your thoughts and feelings, and your behavior. Being able to recognize common stress symptoms can help you manage them. Stress that's left unchecked can contribute to many health problems, such as high blood pressure, heart disease, obesity and diabetes.



Common effects of stress

On your body	On your mood	On your behavior
Headache	Anxiety	Overeating or Undereating
Muscle tension or pain	Restlessness	Angry outbursts
Chest pain	Lack of motivation or focus	Drug or alcohol misuse
Fatigue	Feeling overwhelmed	Tobacco use
Change in sex drive	Irritability or anger	Social withdrawal
Stomach upset	Sadness or depression	Exercising less often
Sleep problems		

❖ Anxiety is alleviated when a person accepts the limitations of humanity and trusts God.

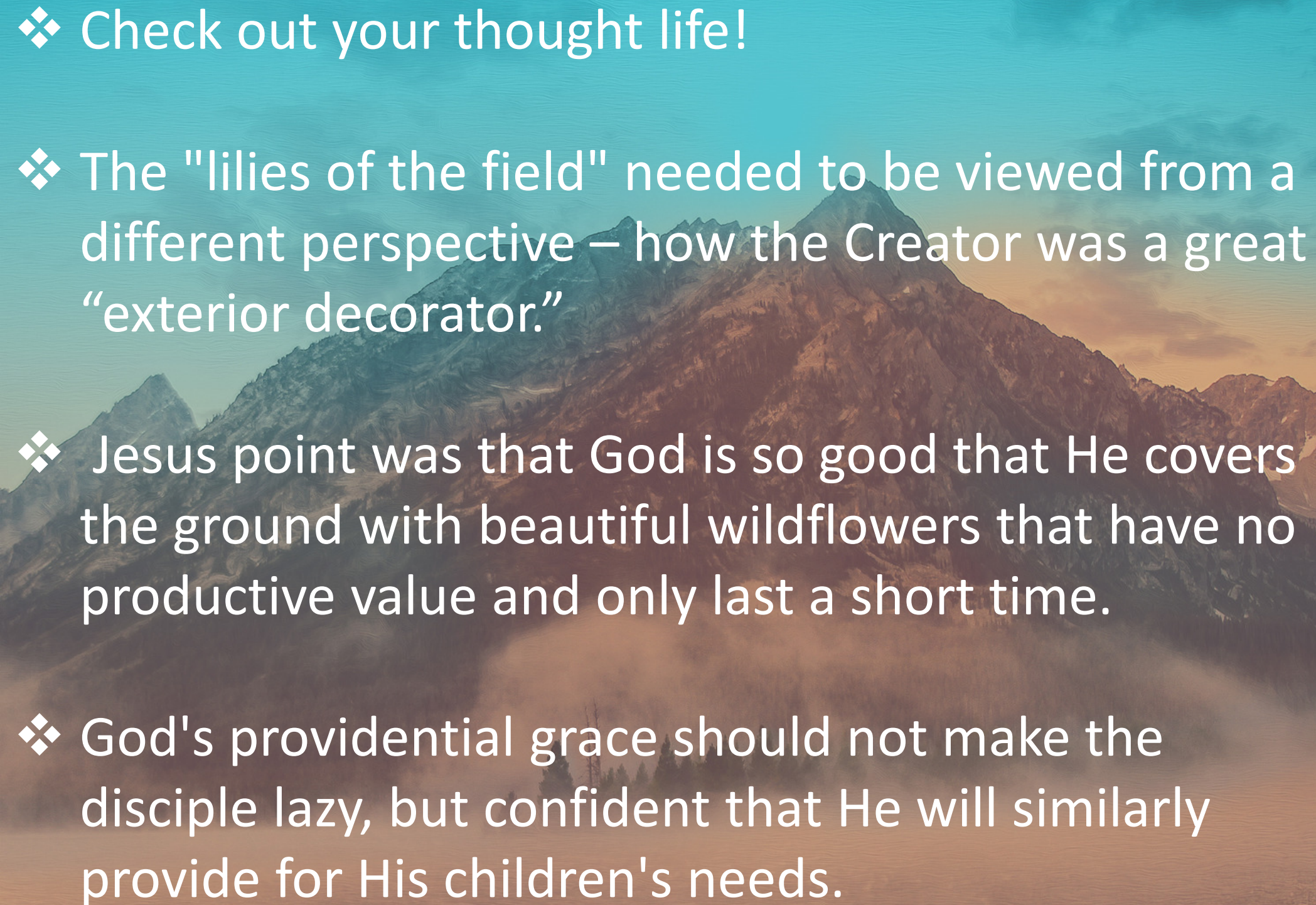
b. Our Halting Faith, 6:28-30

(1) The Glory of the Lilies, 6:28-29

(a) Consider Them, 6:28

Mt. 6:28 And why **take ye thought** for raiment?

Consider the lilies of the field, how they grow; they toil not, neither do they spin:

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- ❖ Check out your thought life!
 - ❖ The "lilies of the field" needed to be viewed from a different perspective – how the Creator was a great “exterior decorator.”
 - ❖ Jesus point was that God is so good that He covers the ground with beautiful wildflowers that have no productive value and only last a short time.
 - ❖ God's providential grace should not make the disciple lazy, but confident that He will similarly provide for His children's needs.



❖ Nature reflects the care of the Creator which should be an encouragement to the believer to trust Him to care for His children.

(b) Contrast Them, 6:29

Mt. 6:29 And yet I say unto you, That even Solomon in all his glory was not arrayed like one of these.

❖ God often dresses the simplest field more beautifully than Israel's wealthiest king could adorn himself.

(2) The Glory of the Lord, 6:30

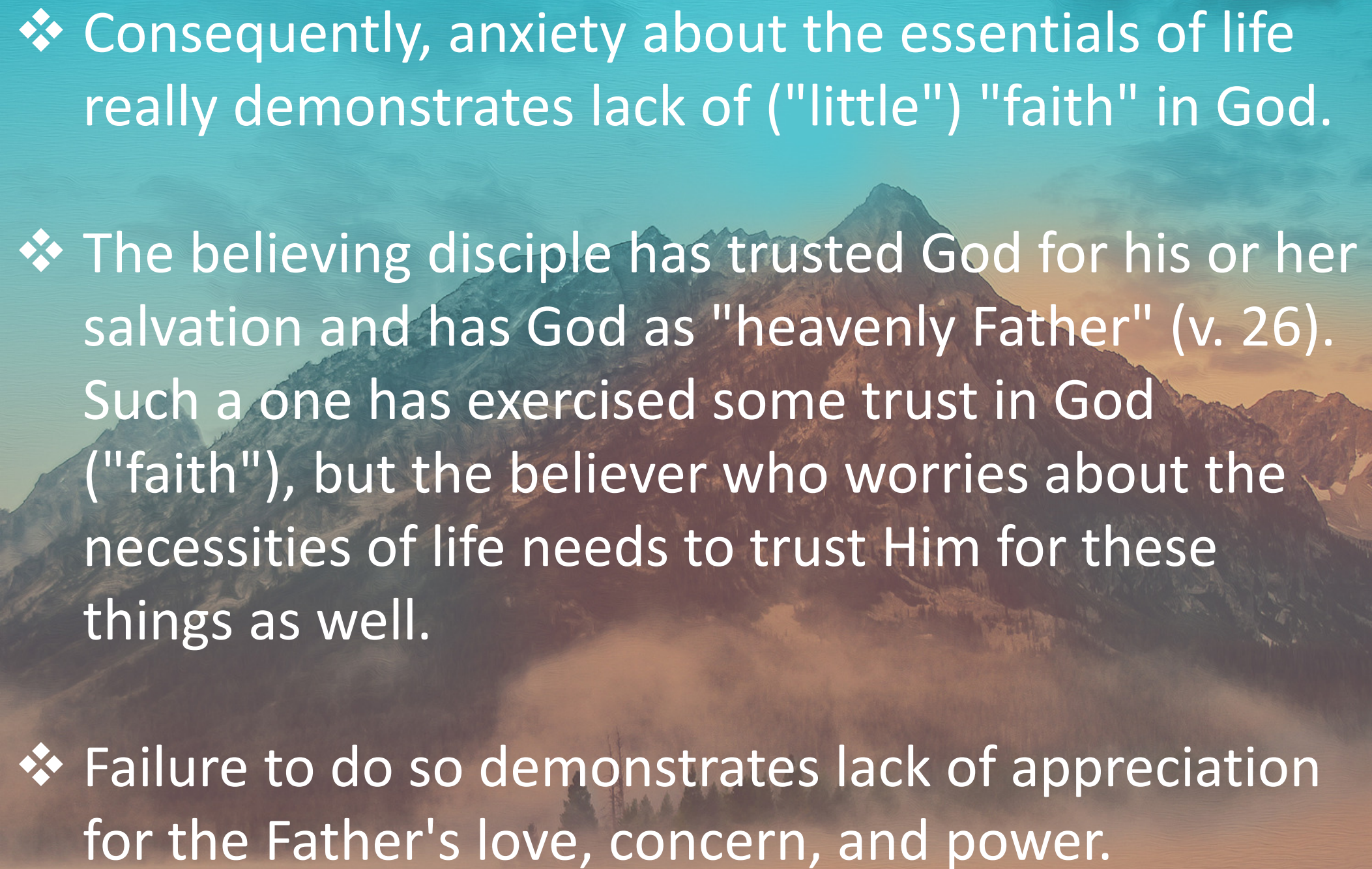
(a) His Utter Dependability, 6:30a

“Wherefore, if God so clothe the grass of the field, which to day is, and to morrow is cast into the oven...”

❖ The Creator takes care of the grass which is but a temporary, frail plant.

(b) Our Unworthy Doubts, 6:30b

“...*shall he* not much more *clothe* you, O ye of little faith?”

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- ❖ Consequently, anxiety about the essentials of life really demonstrates lack of ("little") "faith" in God.
 - ❖ The believing disciple has trusted God for his or her salvation and has God as "heavenly Father" (v. 26). Such a one has exercised some trust in God ("faith"), but the believer who worries about the necessities of life needs to trust Him for these things as well.
 - ❖ Failure to do so demonstrates lack of appreciation for the Father's love, concern, and power.

Conclusion

Phil. 4:6 **Be careful for nothing**; but in every thing by prayer and supplication with thanksgiving let your requests be made known unto God.

7 And **the peace of God, which passeth all understanding, shall keep your hearts and minds through Christ Jesus.**

Heb. 13:5 *Let your conversation be without covetousness; and* **be content with such things as ye have: for he hath said, I will never leave thee, nor forsake thee.**

1 Pet. 5:7 Casting all your care upon him; for **he careth for you.**

Prov. 3:5 **Trust in the LORD with all thine heart;** and lean not unto thine own understanding.

6 In all thy ways acknowledge him, and **he shall direct thy paths. ...**

9 **Honour the LORD with thy substance, and with the firstfruits of all thine increase:**

10 **So shall thy barns be filled with plenty, and thy presses shall burst out with new wine.**