

Sermon on the Mount: Kingdom Happiness

Sunday, November 6/22 --- Matthew 6:25 – 34

*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?... Therefore, do not be anxious... But seek first the kingdom of God and His righteousness, and all these things will be added to you.*

*Matthew 6:26, 31 – 33*

*Said the robin to the sparrow: 'I should really like to know, Why these anxious human beings, rush about and worry so.'*

*Said the sparrow to the robin: 'Friend, I think that it must be, That they have no heavenly Father, such as cares for you and me.'*

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Introduction:

Only after Jesus has placed before us the choice of which treasure to seek (vs. 19 – 21), which light to live in (vs. 22 – 23) and which master to serve (vs. 24) does He proceed to explain how we ought to behave. He punctuates it three times with the admonition...*'Therefore, do not be anxious...'*

1. Therefore, do not be anxious...because your Heavenly Father cares for you (vs. 25 – 30)
  - *So, consider the birds of the air and the lilies of the field...*
  
2. Therefore, do not be anxious... because those who don't know God get anxious (vs. 31 – 33)
  - *So, seek first His kingdom and His righteousness...*
  
3. Therefore, do not be anxious... because your anxiety cannot change tomorrow (vs. 34)
  - *So, focus your faith on today's troubles...*

**Discussion Question:**

*Jesus was the happiest person ever. He lived Matthew 6:33 – 34. He was not anxious about what to eat or drink, or where to live. He did not worry about tomorrow but trusted His heavenly Father to provide for Him a day at a time. Jesus calls His followers to live at peace by trusting in the goodness of God, but many things rob us of that. We are more ‘worried people’ than we care to admit.*

- *What causes most of your worry and anxiety? How do you manage your worry? What remedies for worry does Jesus give in Matthew 6:25 – 34?*

**Challenge:**

*Identify one area of worry / anxiety in your life and explain it to a trusted friend. Then, pray about it with them and get some advice on how you can trust God.*