



A Systematic Expository Study of the Word of God

Special Study:

## **ANTIDOTE FOR WORRY AND ANXIETY**

### **Matthew 6:26,27**

Worry is a self-imposed, internally generated disease in the human family that slowly but surely kills many. Our Lord and Saviour, Jesus Christ, the Great Physician, the Healer of both mind and body, has provided an effective cure. The causes of worry and anxiety are many and varied. The rich and the poor, villagers and city-dwellers, men and women, married and unmarried, old and young, even the fortunate and the less fortunate all find things to worry about. Whatever the cause of our worry or anxiety may be, there is a cure that never fails. Permanently cured from worry and anxiety, there is no limit to how peaceful, purposeful and profitable our lives can be. The Lord has prescribed the means for total and perfect cure and we must follow His prescription. A fulfilled and fuller life awaits us as we become free from worry and anxiety.

Our Lord and Saviour, Jesus Christ, is the great Physician as well as the great Master-Teacher. Effective teaching requires much repetition and that is what our Lord has done in the last ten verses of Matthew chapter six. The experienced teacher knows that it is not enough to teach an important principle of life only once; it needs to be repeated. So, He repeats "take no thought" a number of times and illustrates it with convincing realities.

### **BEHOLD THE BIRDS AND STOP WORRYING**

Matthew 6:26; Job 38:41; 39:26-29; Genesis 8:6,7; Psalms 84:3-5; 104:10-12,16,17; 145:15-19; 147:7-9; Song of Solomon 2:11,12; Isaiah 34:13-16.

"Behold the fowls of the air." Jesus said, behold the birds and learn not to worry. Birds are inferior to men but we can learn from them; just like ants are much inferior to men, yet we are instructed to learn from them and become wise (Proverbs 6:6-11; 30:25). Above all, we are to learn from Christ who lived to fulfil the divine purpose without a moment of worry (Matthew 11:29).

The purpose of creation and existence for the birds is different from the purpose of man's creation and redemption. The birds eat, live and fulfil their divinely appointed purpose without worry and anxiety. Men, the crown of God's creation and regenerated men, citizens of God's kingdom are to discover the divine purpose of existence and fulfil it. Why are we alive at such a time on earth? (Genesis 1:28,29; Acts 13:22; Esther 4:14b; Jeremiah 1:5; Ezekiel 3:17; John 15:16; 1 Peter 2:9). We are not alive only to eat and be clothed. Our preoccupation must not end with finding food, clothing and shelter. All these things are provided to keep us healthy and happy in order to fulfil the main purpose in life. We must not allow distracting worry and distrustful anxiety to make us lose focus. God who has ordained our life and its purpose will provide all that is necessary to keep us alive.

### **BETTER THAN BIRDS AND SIGNIFICANTLY WORTHY**

Matthew 6:26; Luke 12:24; Matthew 10:29-31; Psalm 8:4-8; Luke 12:6,7; Job 28:7,8,12-28; Exodus 19:4,5; Malachi 3:16-18; John 15:16; 1 Peter 2:9.

"Behold the fowls of the air. Are ye not much better than they?" "Ye are of more value than many sparrows." "How much more are ye better than the fowls." One single child in the family is more important to the parents than all the birds in the country. One single believer, a child in God's family is of greater value to God than all the birds on earth. If God cares so much for birds and feeds them, having no need to worry and be anxious, will He not care for you and set you free for His eternal purpose?

Think of how valuable you are to God. He created you in His own image. He saved you by the precious blood of His only begotten Son, Jesus Christ. He has chosen you to praise Him and to reveal His glory on earth. He sanctified you to love Him supremely. He is teaching you His Word to make His whole mind known unto you and through you to others. He has commissioned you to serve Him and to bring sinners to salvation in Christ. The price He has paid to bring you to Himself, to fulfil His eternal purpose in you and to prepare you for heaven cannot be estimated in any monetary currency on earth. If He feeds the birds, if He cares for these inferior, insignificant creatures, will He not take care of you? He will, even beyond your expectation.

## **BEHAVE LIKE BELIEVERS AND STOP WORRYING**

Matthew 6:27; 10:16,19,20; 1 Kings 17:2-6; Isaiah 26:3,4; Psalm 27:13,14; John 14:1,27; Acts 27:21-25; 2 Timothy 1:11,12; Hebrews 4:3; Philippians 4:6-8.

“Which of you by taking thought can add one cubit unto his stature? ” Which of you by worrying can prolong his life or add to the quality of his life? Worry is useless and unprofitable. What can man’s worry or anxiety accomplish except to weaken him from taking positive, progressive action? Whatever God has appointed, like man’s stature, height, age or heritage, our worry is of no avail and can do nothing to change it. God does not respond to worry, anxiety, unbelief, discontent, or murmuring as He responds to prayer and faith (Genesis 18:17-26; Exodus 32:9-14; 2 Kings 20:1-6; Jonah 3:1-10). What we cannot do or add by worrying, we can only have by faith, by trusting in God who can do all things. Living by faith, God will add material benefits and spiritual blessings to our lives (Matthew 6:33). What is the use of worry or anxiety? Who, by anxiety, can add to life’s quality or life span? Anxiety hinders growth. Faith aids growth and progress. Have faith in God.

If you are blessed by these bible study outlines, we’ d like to hear from you.  
You can email the [pastor@dclm-liverpool.org.uk](mailto:pastor@dclm-liverpool.org.uk) with your comments