

SEEK THE MAIN THING AND HE'LL TAKE CARE OF THE OTHER THINGS.

What cause us anxiety and worry?

- 1) Small talk
- 2) Crooked pictures on the wall
- 3) Being late
- 4) Politics/Social media
- 5) Airline travel
- 6) Super organized people
- 7) Super unorganized people
- 8) Dentists
- 9) Money
- 10) Inability to hear someone talking with a mask

Jesus on sources of our anxiety

- 1) Fixation on temporary things vs. Focus on things that last
- 2) Fear of not having control vs. Confidence in God's love and power

Jesus on anxiety

- Anxiety is usually connected to horizontal things – 12:22 *And he said to his disciples, "Therefore I tell you, **do not be anxious about your life**, what you will eat, nor about your body, what you will put on.*
 - Reminder – 12:23 *For life is more than food, and the body more than clothing.*
- Consider what flourishes without anxiety – 12:24 *Consider the ravens: they neither sow nor reap, they have neither storehouse nor barn, and yet God feeds them. Of how much more value are you than the birds!*
- Consider what anxiety can't do – 12:25 *And which of you by being anxious can add a single hour to his span of life?*

- Consider yourself and how little you really control – 12:26 *If then you are not able to do as small a thing as that, why are you anxious about the rest?*
- Consider God’s love and power to provide for you – 12:27-28 *Consider the lilies, how they grow: they neither toil nor spin, yet I tell you, even Solomon in all his glory was not arrayed like one of these. ²⁸ But if God so clothes the grass, which is alive in the field today, and tomorrow is thrown into the oven, how much more will he clothe you, O you of little faith!*
- Seek your Highest Priority: making disciples of all nations – 12:29-31 *And do not seek what you are to eat and what you are to drink, nor be worried. ³⁰ For all the nations of the world seek after these things, and your Father knows that you need them. ³¹ Instead, seek his kingdom, and these things will be added to you.*

Questions to consider

- 1) Do you think Jesus knows what He’s talking about?
- 2) Do I deep down believe that God cares for me?
- 3) What am I seeking First? What needs adjusting? – 12:31 *Instead, seek his kingdom, and these things will be added to you.*

“The reason why both in public and private affairs, many things occur contrary to our expectation, because we have not been diligent about spiritual things in the first place, and secondarily about the secular, but have inverted the order” – John Chrysostom¹

¹ Steven A. McKinion, *Life and Practice in the Early Church* (New York: New York University Press, 2001), 61.