



Sermon on the Mount
Worry & Anxiety

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Welcome to Jesus Time where we spend time with Jesus in His time and culture.

Jesus continues His "Sermon upon the Mount."

✝ Therefore I tell you, do not be anxious about your life, what you shall eat or what you shall drink, nor about your body, what you shall put on. Is not life more than food, and the body more than clothing? ²⁶ 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? ²⁷ And which of you by being anxious can add one cubit to his span of life? ²⁸ And why are you anxious about clothing? Consider the lilies of the field, how they grow; they neither toil nor spin; ²⁹ yet I tell you, even Solomon in all his glory was not arrayed like one of these.

Matthew 6:25-29 RSV

What Jesus explains here is that we are not to excessively worry over our needs and conditions. Messiah Christ is specifically speaking as for our concerns of portion, supply, and provision. Our Lord understands that these fears do in fact interfere as in they crowd out our relationship not just with GOD, but also with others as well within our daily lives.

Jesus plainly states that all of the worry in the world will not add a single inch to our stature, nor will fearful anxiety ever add even a single moment onto our lives.

In fact the modern medical community has proven that worry produces stress that naturally causes negative affects upon our actual physical health, emotional well being, and intellectual peace of mind. Jesus already knows this while He additionally tells us that worry does effect our Spiritual health as well. Christ our Lord does inform that life is about more than just the physical, it also pertains to the eternal Spiritual.

Really this is the forever bottom answer to the riddle of life. When people ask GOD Why? this or that. As for the reasoning of this life's purpose- it truly is for those whom GOD Willing discover a deeper Spiritual meaning.

This being those knowingly needing & seeking GOD'S forgiveness through His Savior Jesus Christ. Christ our Lord reminds us that Heavenly Father gave to us our very existence & that each and every one of us was a thought in the mind of GOD brought forth in His time as He saw fit within His grand design. The point being if Jehovah our GOD thoughtfully considered while He created each of us; Then Why? Should any of us not believe that He already knows our needs.

This thought obviously is almost counter culture in all ages but especially goes against the grain of gain as compared to our modern world of materialism.(Mammon) to many of us worry about getting ever more. What Worry really comes down to is our Faith, do we trust GOD to know our needs & our portion? We are to Pray but then to obsess & worry- certainly not, because we all have better things to do!

✝ Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. ⁷ And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.

Philippians 4:6-7 ESV

When we have Faith in Jesus and live within His Peace that really does surpass all human means of understanding (Philippians 4: 5-7) it is then that we do truly live through and by Him- Christ our Lord.

This does not mean we will not have burdensome trouble, terrible trials, or disappointing cares.

But rather what this does mean is that even in our seasons of turmoil and despair, we realize that we still have the Peace of the Lord. Our world may be in public or personal distress, yet we can still be within the Love and Grace of Jesus. We do not have to like it, we may even struggle to accept it-

But we can ever Pray for whatever "it" is, while not being anxious about what "it" is not, even when sad or perhaps even discouraged for whatever or whomever "it" was that we may have lost.

Just remember Jesus has already gained the final victory over Sin shame and pain at His cross, & to be with Him is our and everyone's eternal destiny who Loves Him.

✝ I am not saying this because I am in need, for I have learned to be content whatever the circumstances. ¹² I know what it is to be in need, and I know what it is to have plenty. I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want ¹³ I can do all this through him who gives me strength. Philippians 4:11-13 NIV

Remember Holy Writ does say that we do in fact contend and strive with everything that is temporary and destined to be left behind. That we are to seek first the Kingdom of GOD by trusting that the Lord will provide and add unto us anything that we may actually need.

Jesus Continues

✝ But if God so clothes the grass of the field, which is alive today and tomorrow is thrown into the furnace, will He not much more clothe you? You of little faith! ³¹ Do not worry then, saying, 'What are we to eat?' or 'What are we to drink?' or 'What are we to wear for clothing?' ³² For the Gentiles eagerly seek all these things; for your heavenly Father knows that you need all these things. ³³ But seek first His kingdom and His righteousness, and all these things will be provided to you. ³⁴ "So do not worry about tomorrow; for tomorrow will worry about itself. Each day has enough trouble of its own. Matthew 6:30-34 NASB

Many of the more ancient cultures such as the Coptic or Greek do have a physical manifestation for worry and anxiety being a literal string of beads. As in passing these beads through ones hands while focusing intently upon the cares and desires heavy upon ones heart and mind.

A further example of such an item can also be called "Prayer Beads."

Where each bead represents a reputative Prayer as for the presenting of our cares before Holy GOD.

The surprising thing about Prayer Beads is that they are not exclusive unto various sacramental Denominations of the Christian Church. In fact each Hindu and Buddhism, Shinto and Islam, & even Sikhism all alike have a form of "Worry or Prayer Beads."

Think about this; Jesus just stated that Heavenly Father already knows our needs so then Why?

Would anyone need beads other than to be anxiously & obsessively focused only upon their needs.

Christ our Lord said we are to Pray as in to lay our cares and needs before Him, before His cross and leave them there. This way we do not sink into a life of emotional misery and Spiritual despair.

Finally many people of Faith this being those who are in Christ have begun to realize that “Worry and Anxiety” stemming from a sense of helplessness often has a deeper root cause. One that is corresponding not just of our physical but is actually more in tune as per our Spiritual flaws. In short what the world is truly experiencing is what can be termed as the ultimate separation anxiety. This ultimate feeling of hopelessness is because of someone being absent from GOD. Even when someone will not admit this, it is non the less ever present in the human Psychology. As in our innate GOD given desire for purpose and meaning.

Tis sad but true ultimately apart from GOD this life, this very existence, has no purpose nor any lasting meaning apart from GOD. One may try to redefine for themselves purpose or meaning but these do belong to GOD alone.

Now we talked about “it” from the Christian perspective being what is lost, endured, or forsaken. As in having GOD’S “Peace” through Christ no matter what happens in our lives.

Now as for the unbeliever:

This is Why? apart from GOD “it” is never enough.

Whatever someone's “it” may be.

This can be best exemplified as when people tire and feel overwhelmed even by mundane routine problems or opposingly they can also begin to feel underwhelmed by their very own achievements.

Because deep down people living apart from GOD often even sub consciously realize without GOD’S true purpose and meaning in their lives, life losses its savor without embracing GOD’S Holy Savior.

Now to save about a hundred pages of Theological discussion upon Why? are we here.

Lets just summarize scripture into a few short words:

We are all here because Holy Pure and Just GOD Created us to be part of His family.

So indeed if we are not part of GOD’S family, then anxiety dwells within all of our deepest fears.

Again whether we choose to face these fears or not.

Being Saved, born again, as in reborn Spiritually in Christ restores our relationship with GOD.

Adopting us into His Heavenly family forever. This is how Almighty Father wishes for us to be.

Meaning our “Faith” revives alive our true feelings of meaning and purpose.

Alleviating our conscious and sub conscious separation anxiety of being apart from GOD.

Thusly making possible Christ Jesus’s “ Peace” that surpasses all normal understanding.

In conclusion;

Worry is to borrow the sorrow of tomorrow.

Or we can trust and rest upon the Peace of Christ!



Leave all your worries with him, because he cares for you. 1 Peter 5:7 GNT