Do Not Worry: What Jesus Says About Anxiety

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> *“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** ?”* — **Matthew 6:26 (KJV)**

> **Highlight key:** = Father’s care · = precious promise · **rust marks** = worry / little faith · **bold** = key terms

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1 Why Do You Worry?

Do not worry! The Bible asks plainly: **why do you worry?** It is quite normal to feel anxious when things are uncertain. Let us look at what **Jesus says**.

One sentence summary

Nothing changes in our lives **just because we worry** — but everything can change when we see ourselves as **much more valuable** to the Father who gave His Son freely.

Matthew 6:25–27 — Life, food, and the birds

Jesus begins with value, not a scolding. **Life is more than food** and **the body more than clothes**. Then He points to the birds — they neither sow nor reap nor store, yet **your heavenly Father feeds them**.

Matthew 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?*

Matthew 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?*

Matthew 6:27

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

Nothing is going to change in our lives just because we worry. Anxiety cannot add a single hour to life — it only steals the hour we are in.

- We are asked to **see the birds** — they do not sow, reap, or save up.
- They do not fret over the next meal — yet they still live.
- God feeds them and ensures their sustenance.
- And Jesus says **we are much more special** than they are.

Matthew 6:28–31 — Clothes, lilies, and little faith

Matthew 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:*

Matthew 6:29

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

Matthew 6:30

> *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?*

Matthew 6:31

> *Therefore take no thought, saying, What shall we eat? or, What shall we drink? or, Wherewithal shall we be clothed?*

We are so special that **He sent His own Son for us**. Along with giving the Son freely, the Father will also give **health, peace, joy, and every good thing** — not grudgingly, but **freely**.

Notice the wild flowers: they neither weave nor work. Jesus asks, *"Will I not much more clothe you?"* God has promised not merely to give, but to **give freely**.

When worry stops

When we feel special and realise that **God sent His own Son for us**, worry loses its grip.

People of little faith

People of little faith — worry creeps in when faith is small. If we keep thinking we must be blessed because of **our own work**, anxiety returns. When we **rely on God**, worry stops.

Worry grows when…	Worry fades when…
Faith is tied to **our performance**	Faith rests in **the Father's character**
We scan for the next meal ourselves	We **look at the birds** the Father feeds
We forget the Son already given	We remember **He gives freely** with the Son

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Genesis 22 — "God will take care"

Genesis 22:8

> *And Abraham said, My son, God will provide himself a lamb for a burnt offering: so they went both of them together.*

Abraham's confession on Moriah: **"God himself will provide."** In our lives, do we proclaim that God will take care — or do we assume we must manufacture the answer ourselves?

Genesis 22:13

> *And Abraham lifted up his eyes, and looked, and behold behind him a ram caught in a thicket by his horns: and Abraham went and took the ram, and offered him up for a burnt offering in the stead of his son.*

When we proclaim that God will take care, He is fully able to change our situation and provide solutions — easily, and at the right moment. In giving and providing, He treats us as **much more valuable**.

The ram in the thicket

The ram caught by its **horns** points to Christ on the cross — not trapped by accident, but **voluntarily giving Himself up** as the substitute God promised before Abraham saw it.

Jesus says: *"Come unto me, all ye that labour and are heavy laden, and I will give you rest."* (Matthew 11:28). **God is the one who gives** — not by the work of our hands alone, but by His grace.

Psalm 55:22 — Cast your cares

Psalm 55:22

> *Cast thy burden upon the LORD, and he shall sustain thee: he shall never suffer the righteous to be moved.*

When we say **God will take care**, He will sustain us. He is able to redeem us from every weight of worry. When we believe we are special — and that **Jesus bore it all at the cross** — blessing flows from rest, not strain.

How to stop worrying — five anchors

Anchor	Scripture	Practice
He will take care	Matthew 6:26 · Genesis 22:8	Say aloud: *God himself will provide.*

Anchor	Scripture	Practice
We are more valuable	Matthew 6:26 · 6:30	Look at birds and lilies — then receive your worth.
Faith, not striving	Matthew 6:30	Replace “little faith” sight with “much more” sight.
He gives freely	Romans 8:32 (with the Son)	Remember the Son given — health, peace, joy follow.
Come when heavy laden	Matthew 11:28 · Psalm 55:22	Cast the burden; do not carry it twice.

- **He will take care!**
- **He will change things!**
- **He will bless — surely!**
- **He will give everything freely!**
- We are God’s **“much more valuable”** creation.

> Let us all go to Him when we are weak and heavy laden — He will take care.

Scripture quotations are from the King James Version (KJV) unless otherwise noted.
