

REST FOR THE STRESSED

Matthew 6:25-34

Matthew 6:25-34“This is why I tell you: Don’t worry about your life, what you will eat or what you will drink; or about your body, what you will wear. Isn’t life more than food and the body more than clothing? Look at the birds of the sky: They don’t sow or reap or gather into barns, yet your heavenly Father feeds them. Aren’t you worth more than they?

Can any of you add a single cubit to his height by worrying?

And why do you worry about clothes? Learn how the wildflowers of the field grow: they don't labor or spin thread.

Yet I tell you that not even Solomon in all his splendor was adorned like one of these!

**If that's how God clothes the
grass of the field, which is
here today and thrown into
the furnace tomorrow, won't
He do much more for you—
you of little faith? So don't
worry, saying, 'What will we
eat?' or 'What will we drink?'
or 'What will we wear?'**

For the idolaters eagerly seek all these things, and your heavenly Father knows that you need them. But seek first the kingdom of God and His righteousness, and all these things will be provided for you.

**Therefore don't worry
about tomorrow,
because tomorrow will
worry about itself.
Each day has enough
trouble of its own.**

**Our goal in going
through this passage is
to see there can be
hope in this fast-
paced, tension-
charged world that we
live in.**

So what is stress?

A factor that creates a physical, emotional, or mental strain.

A state of unresolved tension resulting from pressures, irritations, and, demands of life.

In biblical terms the word “affliction” is the closest equivalent.

We need to keep in mind that God did not promise to remove all of the stress; only to give us what we need to get through it.

**John 16:33 I have told
you these things so that
in Me you may have
peace. You will have
suffering in this world.
Be courageous! I have
conquered the world.”**

**Paul takes a moment
to remind us that he
was under great stress.**

2 Corinthians 1:8 For we don't want you to be unaware, brothers, of our affliction that took place in Asia: we were completely overwhelmed—beyond our strength—so that we even despaired of life.

So what are some things you and I need to remember as we try to make it day to day?

**1. We must see things
from God's
perspective.**

**Romans 8:28 We know
that all things work
together for the good
of those who love God:
those who are called
according to His
purpose.**

**Seeing things the way
God sees them allows
us to alleviate some of
the stress in our lives.**

**Do you see life's
lemons as an
opportunity for God to
show off His power?**

**2. We must deal with
unconfessed sin and
unresolved conflict.**

Hebrews 12:1-2 Therefore, since we also have such a large cloud of witnesses surrounding us, let us lay aside every weight and the sin that so easily ensnares us. Let us run with endurance the race that lies before us, keeping our eyes on Jesus, the source and perfecter of our faith, who for the joy that lay before Him endured a cross and despised the shame and has sat down at the right hand of God's throne.

**Uncontested sin
creates inner tension.**

**There is no peace
when we have sin
blocking our fellowship
with the Lord.**

Matthew 5:23-24 So if you are offering your gift on the altar, and there you remember that your brother has something against you, leave your gift there in front of the altar. First go and be reconciled with your brother, and then come and offer your gift.

**Unresolved conflict in
the body is a church
killer.**

**We are commanded to
live in unity with one
another, but that is
hard when we all have
hard feelings toward
each other.**

**You want to lower your
stress level...**

**Get right with God and
get right with others.**

**3. We must give
everything to God in
prayer.**

Philippians 4:6-7 Don't worry about anything, but in everything, through prayer and petition with thanksgiving, let your requests be made known to God. And the peace of God, which surpasses every thought, will guard your hearts and minds in Christ Jesus.

**Most of our stress is a
direct result of us
shouldering the burden
and not taking it to the
Lord in prayer.**

What a friend we have in Jesus
All our sins and griefs to bear
What a privilege to carry
Everything to God in prayer
Oh what peace we often forfeit
Oh what needless pain we bear
All because we do not carry
Everything to God in prayer

**1 Peter 5:7 casting all
your care on Him,
because He cares
about you.**

**4. We need to trust in
God's word.**

**Romans 15:4 For
whatever was written in
the past was written for
our instruction, so that we
may have hope through
endurance and through
the encouragement from
the Scriptures.**

The promises of
Scripture help us to
find comfort in the
difficult times and
peace to get through
the moment.

**2 Corinthians 12:9 But He
said to me, “My grace is
sufficient for you, for power
is perfected in weakness.”
Therefore, I will most gladly
boast all the more about my
weaknesses, so that Christ’s
power may reside in me.**

**1 Peter 5:10 Now the
God of all grace, who
called you to His eternal
glory in Christ Jesus, will
personally restore,
establish, strengthen,
and support you after
you have suffered a little.**

**5. We need to
fellowship together.**

**Romans 15:32 and
that, by God's will, I
may come to you with
joy and be refreshed
together with you.**

**2 Corinthians 7:13 For
this reason we have been
comforted. In addition to
our comfort, we rejoiced
even more over the joy
Titus had, because his
spirit was refreshed by
all of you.**

**We have the
opportunity to aid one
another in times of
stress and discomfort.**

The question is...

**Are you a stress-
reliever or a stress-
creator?**

So what will you do?

To whom will you turn?

**Matthew 11:28 “Come
to Me, all of you who
are weary and
burdened, and I will
give you rest.**

