

# **Confronting the Unbelief of Anxiety**

**Matthew 6:25–34**

# Marveling at Unbelief

Jesus did signs and wonders and He **marveled at the unbelief** of people (Matt 13:58; Mark 6:6).

A man with a son who was mute and **came asking Jesus** for compassion and help.

Jesus responded, “If you can’! All things are possible for one who believes” (Mark 9:23).

“Immediately the father of the child cried out and said, ‘I believe; help my unbelief!’” (Mark 9:24).

# Struggle with Unbelief

Did the apostles **struggle with unbelief?**

“Afterward he appeared to the eleven themselves as they were reclining at table, and he rebuked them for their unbelief and hardness of heart, because they had not believed those who saw him after he had risen. And he said to them, ‘Go into all the world and proclaim the gospel to the whole creation. Whoever believes and is baptized will be saved, but whoever does not believe will be condemned.’” (Mark 16:14–16).

# Evil and Unbelief

## What evil comes **from unbelief**?

“Take care, brothers, lest there be in any of you an evil, unbelieving heart, leading you to fall away from the living God. But exhort one another every day, as long as it is called ‘today,’ that none of you may be hardened by the deceitfulness of sin. For we have come to share in Christ, if indeed we hold our original confidence firm to the end” (Heb 3:12–14).

**Evil and unbelief have always linked together.**

# Faith like Abraham

There are different **types of unbelief**.

Some lack faith in God, and others lack faith in God's promises.

However, Abraham had **no unbelief** that hindered his faith.

“No unbelief made him waver concerning the promise of God, but he grew strong in his faith as he gave glory to God, fully convinced that God was able to do what he had promised. That is why his faith was ‘counted to him as righteousness.’”  
(Rom 4:20–22).

# Anxiety and Worry

In **Matthew 6:25–34**, is there any lack of faith behind worry and anxiety?

Jesus commands people not to worry about food and clothing.

Worrying does not help fix problems.

Jesus identified anxiety as a lack of faith (6:30).

Seek first the kingdom of God and His righteousness (Matt 6:33).

**How do you fix your money problems?**

# Cast All Anxieties

**How did the apostle Peter encourage the church?**

“Humble yourselves, therefore, under the mighty hand of God so that at the proper time he may exalt you, casting all your anxieties on him, because he cares for you” (1 Pet 5:6–7).

**Why should Christians **cast all** of their anxieties upon Christ?**

God cares for you. What does that mean?

# Rely on God

## How must Christians face anxiety and stress?

“Rejoice in the Lord always; again I will say, rejoice. Let your reasonableness be known to everyone. The Lord is at hand; do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus” (Phil 4:4–7).

## How can Christians cope with stress and anxiety? **Prayer and thanksgiving.**

Would you say there is great strength in the Christian faith?

# Facing Stress

Should Christians feel unsure about **teaching the Word**?

“so shall my word be that goes out from my mouth; it shall not return to me empty, but it shall accomplish that which I purpose, and shall succeed in the thing for which I sent it” (Isa 55:11).

How should Christians face **stress and fatigue in work**?

“But he said to me, ‘My grace is sufficient for you, for my power is made perfect in weakness.’ Therefore I will boast all the more gladly of my weaknesses, so that the power of Christ may rest upon me” (2 Cor 12:9).

# Responding to Anxiety

How should Christians respond to **anxiety from enemies?**

“What then shall we say to these things? If God is for us, who can be against us?” (Rom 8:31).

In the **face of sickness**, Christians must turn to God.

“Not only that, but we rejoice in our sufferings, knowing that suffering produces endurance, and endurance produces character, and character produces hope, and hope does not put us to shame, because God's love has been poured into our hearts through the Holy Spirit who has been given to us” (Rom 5:3–5).

# Facing Death

How should Christians **face death**?

“For none of us lives to himself, and none of us dies to himself. For if we live, we live to the Lord, and if we die, we die to the Lord. So then, whether we live or whether we die, we are the Lord's. For to this end Christ died and lived again, that he might be Lord both of the dead and of the living” (Rom 14:7–9).

Other passages include **Philippians 1:19–23** and **2 Timothy 4:6–8**.

# “In God I Trust”

Having money makes people feel secure and comfortable.

However, the Christian’s **security and comfort** must come from God.

God wants you to rely on Him and realize who has provided your healthy, ability, and work.

Consider **Psalm 56...**

# Challenge

When you are worried about food and clothing, read **Matthew 6:25–34**.

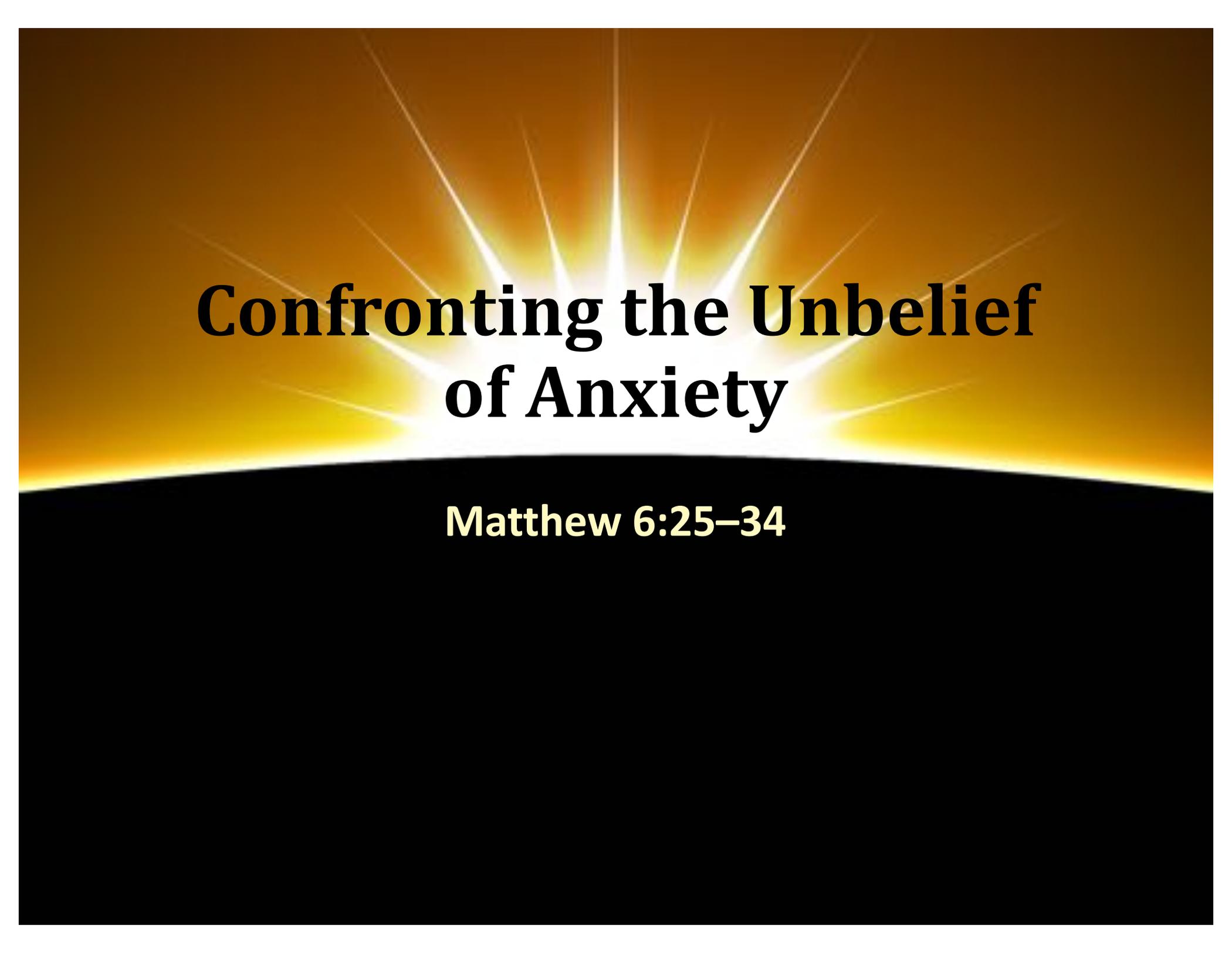
When you feel stressed about what other think of you, read **Luke 12:1–34**.

When you have anxiety cannot explain why, read **Romans 8:26–39**.

# The Invitation of Christ

Is there a more comforting invitation than **the invitation of Christ?**

“Come to me, all who labor and are heavy laden, and I will give you rest. Take my yoke upon you, and learn from me, for I am gentle and lowly in heart, and you will find rest for your souls. For my yoke is easy, and my burden is light” (Matt 11:28–30).



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