

# Treasure and Anxiety\_outline

Friday, September 06, 2013  
9:56 AM

In this sermon Pastor Bruce presents a biblical case study on anxiety and insecurity and how one's theology can minister to the insecure and anxious.

Scripture: Matt. 6:25-34; Matt. 13:44; misc Scriptures

Key Words: fear, worry, anxiety, insecurity, treasure, idols, psychology, biblical counseling

## Introduction

### A. Reading Matt. 6:25-34

### B. Making it Personal-Bruce's mom

### C. What's your theology of anxiety and security?

## I. Possessing the Hidden Treasure (Matt. 13:44)

### A. Discovering the Treasure

1. "The kingdom of heaven is like treasure hidden in a field, which a man found and covered up. Then in his joy he goes and sells all that he has and buys that field. (Matt. 13:44, ESV
2. What is the treasure? Whatever it is, it is like the kingdom of heaven.
  - a. The treasure can be compared to the kingdom of heaven.
  - b. The man in the parable finds a treasure that is like the kingdom of heaven.
  - c. He is overwhelmed with joy for the treasure is of such worth a price cannot be put on it.
    - 1) He covers the treasure but it's only because he has to have it.
    - 2) He sells all that he has to buy the field the treasure is buried in.

### B. Three Principles

1. The kingdom which is like the treasure is something valuable and exciting.
  - a. "Hear then the parable of the sower: When anyone hears the word of the kingdom and does not understand it, the evil one comes and snatches away what has been sown in his heart. This is what was sown along the path. As for what was sown on rocky ground, this is the one who hears the word and immediately receives it with joy, yet he has no root in himself, but endures for a while, and when tribulation or persecution arises on account of the word, immediately he falls away. As for what

was sown among thorns, this is the one who hears the word, but the cares of the world and the deceitfulness of riches choke the word, and it proves unfruitful. (Matthew 13:18-22 ESV)

- 1) Response to finding the treasure is appropriate.
  - 2) But, the joy is replaced by anxieties (vss 21-22)
  - 3) Treasure did not take root and replace other treasures
2. Jesus gives his disciples the key to understanding the mysteries of the kingdom (Matt 13:11)
- a. To others the mysteries remain hidden.
  - b. The others are our mission field.
  - c. Citizens of the kingdom must be about their Lord's business...
    - 1) Cannot be done if a person is more concerned about other treasures
3. The treasure is worth giving up everything for.
- a. giving up is connected with great joy.
    - 1) Matt. 13:20 (treasure received with joy)
    - 2) Matt. 13:21-22 (unwillingness to give up other treasures)
    - 3) As for what was sown on good soil, this is the one who hears the word and understands it. He indeed bears fruit and yields, in one case a hundredfold, in another sixty, and in another thirty." (Matthew 13:23 ESV)
      - a) Treasure replacement produces a yield of good fruit
      - b) Paul says in 2 Cor. 4:17 where he describes present troubles as...
      - c) Achieving for us an eternal glory that far outweighs the troubles...
  - b. The Treasure Satisfies the Deepest Needs of the Heart. (Matt. 13:44)
    - 1) The fact the man is willing to surrender all illustrates that the treasure is able to satisfy the deepest needs of the heart.
    - 2) The treasure will bring the man inner peace, contentment, joy, satisfaction and a sense of security that is unshakable.

C. What is the treasure?

1. The treasure is like the kingdom of God
2. If the treasure is like the kingdom of God then it cannot be another treasure
  - a. Symptoms of demanding another treasure

- 1) What do I want that I am not getting?
  - a) Control, acceptance, power, comfort, etc.
- 2) What am I getting that I do not want?
  - a) Stress, conflict, physical pain, disobedient children, rocky marriage, job issues, financial challenges, all the problems of living in a fallen world
- 3) Reaction reveals treasure
  - b. Reaction reveals saviors
    - 1) Demanding control, acceptance, power, comfort is a quest for another savior (treasure)
3. The treasure is a person.
  - a. the treasure which is like the kingdom of heaven is something that cannot be taken away.
  - b. The kingdom of heaven is a person. It's the person telling the story.
  - c. The treasure is Christ who is both the gospel and its chief messenger.
  - d. The man who found the treasure found Christ
    - 1) (though we are not told he was looking for Christ, just that he found treasure).
    - 2) The man "gets it" is filled with joy and sells all he has that he might have Christ.
    - 3) "The point of the parable is that the kingdom of heaven, the glad recognition of God's rule over heart and life, including salvation for the present and for the future, for soul and ultimately also for the body, the great privilege of being thereby made a blessing to others to the glory of God, all this, is a treasure so inestimably precious that one who obtains it is willing to surrender for it whatever could interfere with having it. It is the supreme treasure because it fully satisfies the needs of the heart. It brings inner peace and satisfaction." [\[i\]](#)—Hendricksen, Kistemaker

#### D. The Treasure is of Surpassing Worth

1. The apostle Paul found the treasure when he too was not looking for it.
  - a. He was on the Damascus road seeking to do harm to others who had the treasure.
  - b. The treasure found Him.
    - 1) The treasure defined his ministry even in the bowels of a prison...
2. The surpassing worth of knowing Christ.

- a. Indeed, I count everything as loss because of the surpassing worth of knowing Christ Jesus my Lord. For his sake I have suffered the loss of all things and count them as rubbish, in order that I may gain Christ and be found in him..., Php. 3:8,9a, ESV
  - b. Understanding the Sermon on the Mount in light of the "treasure principle"
    - 1) including the discourse on worry (Matt. 6:19-34) without first coming to grips with the gospel, the surpassing worth of knowing Christ
    - 2) who is the greatest treasure ever and the true source of all inner peace, contentment and security.
3. How great a salvation.
- a. Grasping the miracle of salvation
    - 1) Coming to grips with the preciousness of salvation
    - 2) The treasure of Christ crucified for sinful wretches like you and I
  - b. The treasure is the basis for overcoming fear, worry and anxiety
    - 1) True treasure puts away false treasures (false saviors)
    - 2) By dealing with heart issues (root issues)
  - c. Matt. 6:19-34
    - 1) Not about our need for new rules, new do's and don'ts
    - 2) About the need for new life and treasure seeking in Christ

## **II. Lay up Treasures in Heaven (Matt. 6:19-24, ESV)**

### **A. Where Your Treasure is, that's Where Your Heart is. (vs 19-21)**

- 1. Identifying Idols
  - a. The two basic questions again
    - 1) What do I want that I'm not getting?
    - 2) What am I getting that I do not want?
  - b. Something bad will happen or has happened
    - 1) What if I lose my job?
    - 2) What if my wife and I keep fighting?
    - 3) What if my kids do not do well in school?
    - 4) What if my illness gets worse?

- c. What I really want (desires to demands spiral)
    - 1) I'll lie to keep my job. (security)
    - 2) I'll make my wife submit. (power)
    - 3) It's the teacher's fault (affirmation)
    - 4) I can't cope (control)
2. Out of the abundance of the heart. (Lk.6:43-45)
- a. Thinking (and/or self talk) reveals treasure
    - 1) If only I had \_\_\_\_\_ I'd be happy. (discontent)
    - 2) I don't deserve \_\_\_\_\_ (self-righteousness)
    - 3) Why did \_\_\_\_\_ happen to me? (self-pity)
  - b. May be hard words to hear
    - 1) The psychologizing of sin
    - 2) How I feel as truth (confusion as to what "heart means)
    - 3) I'm not responsible type of culture
  - c. Emotional journal can help
    - 1) What is happening?
    - 2) How am I reacting? (angry, anxious, etc.)
    - 3) What does God's Word say about it?
    - 4) How should I react?
1. Understanding that Worry, Anxiety and Fear are Worship Disorders.
- a. We're trying to lay up treasures and when those treasures are threatened in some way (moths or rust, thieves are the metaphors) we are anxious, fearful and worry warts.
  - b. My emotional responses reveal my heart, reveal my treasure. I have a heart problem.
    - 1) Jesus Id's it. He puts His divine finger on our heart.
    - 2) "As always, the heart must be right first. In fact, if the heart is right, everything in life falls into its proper place...spiritual problems are always heart problems. Sinful acts come from a sinful heart, just as righteous acts come from a righteous heart." [\[ii\]](#)--MacArthur

B. The eye is the lamp of the body.(Matt. 6:22-23)

1. The lamp is the eye and the eye is an illustration of the heart.
  - a. If the eye is healthy the whole body is lit up and healthy
  - b. but if the eye is glazed over, or foggy, smudged, out of focus the body is full of darkness...
  - c. a pretty good description for those who suffer from over worry, anxiety and fear.
    - 1) Jesus says this type of darkness is very great!

1. What treasure is threatened?

- a. Jesus's words beg the questions?
  - 1) What then is the eye of the heart focused upon?
  - 2) What is the treasure that is threatened? Where is the darkness coming from?
- b. When the eye is bad it is an indication of self-indulgence-a focus upon my idols
  - 1) that is all about my happiness, my desires, my lusts, my passions, my security...
    - a) and this is why the darkness is very great-
    - b) I am in fact double minded about my true treasure-no wonder I feel nuts!
    - c) Jesus knows though-he gets to the bottom of our problem...

C. You Cannot Serve God and Some Other Treasure (vs 24)

1. Who is your master?

- a. So far we see we've been given two questions from the text.
  - 1) who or what are we worshipping ?
  - 2) what treasure are the eyes of the heart focused upon?
- b. Now Jesus gives us a third question.
  - 1) Who (or what) will be your master?
  - 2) Who will be your functional savior? (Tim Keller)
- a. Slave owners in the Roman Empire had total control over their slaves.
  - 1) There was no such thing as the slave's time and the slave owner's time.
  - 2) The slave and all his or her time belonged to the owner and that time was spent

in serving the master.

- 3) Jesus says we cannot be slaves to two masters for one is hated and the other loved, one is despised and the other devoted too.

2. Who or what has dominion over your heart?

- a. "...Where riches (treasures) hold dominion over the heart, God has lost his authority." (Calvin)
- b. When worry, fear and anxiety hold dominion Christ is no longer our Lord.
- c. Another treasure has become the dominating god.

III. Why Worry about Your Treasure (Matt. 6:25-34)

A. Worry is Unfaithfulness to the Master (Matt. 6:25)

1. The word "therefore" means because of what I was just said-relates to the master comparison of verse 24.
  - a. Worry is unfaithfulness to the master.
  - b. If a slave's only responsibility is to serve his master it is treason to serve another.
2. Worry is not trusting God for His promises or His providential care.
  - a. Do not be anxious carries with it a strong "stop that" emphasis with the idea of not doing it again.
  - b. The point is that since God (Christ) is our master nothing but nothing justifies sinful worry.
  - c. Worry is the unfaithfulness of not trusting the master for His promises and in His providential care
    - 1) Someone said, "worry is a thin stream of fear that trickles through the mind, which if encouraged, will cut a channel so wide that all other thoughts will be drained out."<sup>[iv]</sup>
3. The antidote for worry is the state contentment. (Php. 4:11-13)
  - a. The opposite of worry is contentment, it is the put on to the put off of worry.
  - b. It's the start being content to the "stop that" of being a worry wart.
  - c. Its realizing that the good master owns it all, whatever it is, belongs to him, the only question is one of trust.
    - 1) Hebrews 11 (going forward based on faith (or by how you feel)

B. Who is Your Provider? (Matt. 6:26)

1. Look at the birds of the air...
  - a. Jesus's second reason that worry is sinful comes in the form of an illustration.
    - 1) Whose your daddy anyway? Who is your provider?
    - 2) Take a look at these little birds, your daddy feeds them.
    - 3) Are you not of greater value than they, since you have been made in the image of the creator?
  - b. We have a caged cockatiel.
    - 1) He has something in common with the uncaged birds that come to our yard looking for a meal.
      - a) Neither him (Abraham) nor they plant any food or store it up.
      - b) Abraham of course is spoiled and over fed and as far as we know never sweats a meal, but neither do the little visitors outside.
      - c) Why, because the heavenly father providentially provides for both Abraham and the others.
    - 2) The birds via instinct trust in what God provides day by day with no thought to tomorrow and they are content.
    - 3) Jesus asks, are we not worth more than they as objects of His special creation?
  - c. In our worry, fear and anxiety we forget we are heirs with Christ...
    - 1) Recreated in His image, assured of a place in heaven with Him (Col. 3:1-4; 2 Cor. 5:17)
    - 2) God has promised to meet our needs, do we not trust him to do so.
      - a) Or, are we confusing needs with wants and demands?
      - b) The heart is deceitful; it whispers that our wants are our needs.
2. Can you add a single hour to your life? (Matt. 6:27)
  - a. Jesus adds another illustration that is quite pointed.
    - 1) Data illustrates that it is possible to worry ourselves to death (physical ramifications)
  - b. The gift of life is bound in every person.
    - 1) We may be able to improve the quality and productivity of that life by eating right, exercise, proper sleep and so forth but we cannot change the life span.
    - 2) Worry adds nothing to life but does contribute to a miserable one..



3) Worry is a heart problem and Jesus says it is futile to be anxious for anything.

3. Why are you anxious? (Matt. 6:28-30)

a. The illustration about wardrobe is similar to the previous two.

1) Jesus uses the type of thing people can worry about-how they look,

a) to make the point God provides our necessities and that even a sharp dresser like Solomon could not compete with a simple flower.

2) How much more then does God care for His people when he cares for a flower that is here today and gone tomorrow-oh ye of little faith.

b. The point.

1) We may have saving faith in Christ and trust him for our eternal destiny

a) but on the practical applied level we don't really trust him to provide what we need.

1) We question God's love and we question His integrity when we worry.

2) When we worry we are saying to God he is not worthy of our trust.

3) We say we believe the Bible but we really don't. We are double-minded and quite susceptible to the devil's lies (the self-talk of doubt).

c. Paul brings us back with His counsel in Ephesians 1:18-19:

1) having the eyes of your hearts enlightened, that you may know what is the hope to which he has called you, what are the riches of his glorious inheritance in the saints,<sup>19</sup> and what is the immeasurable greatness of his power toward us who believe, according to the working of his great might. Eph. 1:18-19, ESV

C. Worry is of Little Faith (Matt. 6:31-33)

1. Thinking like the world.

a. Unbelievers chase after other treasures, place their hope in those treasures and seek to enjoy them now.

b. They have nothing else to live for. Their "treasures" are the best the world has to offer

1) Their belief system is consistent with their life style.

2) When we worry our professed beliefs do not line up with our life style

c. For those of us who have hope in Christ and hope in the resurrection this is just plain foolish.

1) God knows we need the basics

- 2) He is not sitting up in heaven worried about where our genuine needs may come from.

2. Be anxious for nothing...

- a. "When we think like the world and crave like the world, we will worry like the world, because a mind that is not centered on God is a mind that has cause to worry." [\[1\]](#)-- MacArthur

- 1) do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. Php. 4:6, ESV
- 2) but his delight is in the law of the Lord, and on his law he meditates day and night
- 3) Delighting in our treasure-a joyful pursuit of Christ, meditating on our treasure, coming back to the treasure of the cross, approaching the throne in prayer with thanksgiving is the great antidote to the darkness of worry.

- b. Today has its Own Trouble (Matt. 6:34)

- 1) Does not mean do not plan
  - a) Scripture tells us to be wise stewards not foolish, careless airheads who claim stupidity as faith.
  - b) It's anxiousness about tomorrow that is sinful.
  - c) God is the God of tomorrow, today and eternity so tomorrow will take care of itself.
- 2) Means to take care of today's business
- 3) Live a day at a time solves the "what if" self-talk issue

3. Seeking first the kingdom of God means to seek Christ's rule in our hearts.

- a. Seeking first the kingdom of God means to seek Christ's rule in our lives.

- 1) Its too account of ourselves nothing.
- 2) To seek the kingdom means to pour ourselves into His work, work of eternal value.
- 3) It means to seek out others for the kingdom so that God may be glorified as testimony to His awesome grace at work in our very own lives
  - a) Our focus is to be on the treasure and sharing that treasure
  - a) "Therefore do not be anxious about tomorrow, for tomorrow will be anxious for itself. Sufficient for the day is its own trouble. Matt. 6:25-34, ESV

b) Anxiety does not empty tomorrow of its sorrows, but only empties today of its strength.--C.H. Spurgeon

c) Today is the tomorrow you worried about yesterday.--Author Unknown

b. God's grace is sufficient for today.

1) Therefore, rely on God's grace for today, relying on Him to protect and provide. If Christ is your treasure, if your heart is right it as MacArthur says, everything else tends to fall into place.

#### Questions for Community Groups

1. To what extent do you believe your past **determines** your present? Can you think of any Scriptures that contradict the idea that your past determines your present?
2. What do you fear? What do you fear losing? (The answer to these questions may give you a glimpse into what you treasure.)
3. In your group discuss how Philippians 4:4-9 can minister to your anxious heart or the anxious heart of another.