

Sermon notes: March 1, 2026

The Seed Among The Thorns

Matthew 6:25-34

The Cure for Anxiety

²⁵ "For this reason I say to you, do not be worried about your life, *as to* what you will eat or what you will drink; nor for your body, *as to* what you will put on. Is life not more than food, and the body more than clothing? ²⁶ Look at the birds of the sky, that they do not sow, nor reap, nor gather *crops* into barns, and *yet* your heavenly Father feeds them. Are you not much more important than they? ²⁷ And which of you by worrying can add a single day to his life's span? ²⁸ And why are you worried about clothing? Notice how the lilies of the field grow; they do not labor nor do they spin *thread for cloth*, ²⁹ yet I say to you that not even Solomon in all his glory clothed himself like one of these. ³⁰ 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.

Do Not Worry

Matthew 13:22 ²² And the one sown *with seed* among the thorns, this is the one who hears the word, and the anxiety of the world and the deceitfulness of wealth choke the word, and it becomes unfruitful.

Know The Ways To Avoid Worry

Philippians 4:19 ¹⁹ And my God will supply all your needs according to His riches in glory in Christ Jesus.

Psalms 34:10 ¹⁰ The young lions do without and suffer hunger; But they who seek the LORD will not lack any good thing.

Psalms 36:5 ⁵ Your mercy, LORD, extends to the heavens, Your faithfulness *reaches* to the skies.

Deuteronomy 31:6 ⁶ Be strong and courageous, do not be afraid or in dread of them, for the LORD your God is the One who is going with you. He will not desert you or abandon you.”