

## “Christian Character- Optimal Outlook”

### Matthew 6:25-34

Three times in this section of the Sermon on the Mount Jesus cautions us to not be anxious for our life. Worry and anxiety are always a stumbling block for believers and they have been since the conception of the church. The outlook of a believer cannot be the same as the outlook of a lost person. In our society, circumstances and situations can be so bleak that it seems almost impossible to maintain a Godly, positive outlook. Jesus shows how we possess and obtain an optimal outlook regardless the gloominess of the day.

#### I. Acknowledge the Entry Point of Anxiety in Your Life

- Does your body have more priority in your mind than your spirit? Anxiety will enter a life!
- When seeking the necessities of life become the end instead of the means to living daily for the Lord, anxiety will enter a life!
- Inordinate, excessive worry is a “pagan” quality (v.32); the attitude of a believer must be grounded in seeing God’s goodness overcoming every problem; or else, anxiety will enter a life!

#### II. Break the Cycle of Anxiety in Your Life

- We break the cycle of worrying by caring more about how we live than the food we eat or the clothes we wear.
- Allow the “pagans” to hunt after carnal objects; God’s children leave alone those temporal “wants”.
- Break away by seeing anxiety as God sees it:
  1. Anxiety is unnecessary. (v.25)
  2. Anxiety is unworthy. (v.31)
  3. Anxiety is unprofitable. (v.34)

#### III. Choose Now to Overwhelm Worry

- It is a sin to worry about the future and permit tomorrow to rob today of its blessings. Focus now on three words:
  1. Faith (v.30)- Trust God to meet your needs.
  2. Father (v.32)- Know that He cares for His children.
  3. First (v.33)- Put God first in our lives so He is glorified!

#### III. Determine Your Outlook’s perspective (v.34)

- A believer refuses to worry about tomorrow because he determines to live one day at a time.
- Everyone will choose one of five attitudes about tomorrow:
  1. A no-care worldly attitude. (Eat, drink, and be merry.)
  2. A fretful, anxious attitude. (Worrying constantly.)
  3. A fearful, panicky attitude. (When facing trials, he/she is barely able to function.)
  4. A self-assured attitude. (Possesses complete confidence in self alone, no need of help from God. - Hebrews 9:27.)
  5. A calm, God-centered, trusting attitude- one lives and works and trusts God to care for every detail of life! (Matthew 6:33)