

2-6-2026

Overcoming Anxiety About the Future

Matthew 6:34 (NIV) ³⁴ Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.

Opening Prayer

Father God, we come before You in the name of Jesus. Lord, You know every heart here. You know the fears we don't speak out loud. You know the quiet anxieties about our families, our health, our finances, our nation, and our future. Today, we ask You to speak clearly through Your Word. Holy Spirit, anchor us in truth. Teach us to trust You daily. Free us from living in tomorrow's fears and help us walk faithfully today. In Jesus' name, Amen.

I. The Context of Jesus' Words

Matthew 6 places us in the heart of the Sermon on the Mount. Jesus is speaking to ordinary people....fishermen, farmers, mothers, laborers.....people living under Roman occupation. Heavy taxation. Political tension. Religious legalism. Economic instability.

Sound familiar?

They worried about:

- . Food shortages
- . Oppressive government
- . Providing for family
- . Daily survival

And in that context Jesus says:

“Do not worry about tomorrow...”

Notice.... Jesus doesn't say life will be easy.

He says each day has enough trouble of its own.

Jesus acknowledges reality. He just refuses to let fear rule it.

II. Planning vs. Worry:

Jesus is not condemning planning.

Proverbs 21:5 (NIV) ⁵ The plans of the diligent lead to profit as surely as haste leads to poverty.

Planning is wisdom.

Worry is different.

The Greek word for “worry” (**merimnaō**) means to be pulled apart in different directions.

That's anxiety.....

Your mind lives in tomorrow.
Your body is here today.
Your heart is divided.

You are trying to control what God never
asked you to control.

You were never created to hold tomorrow.

You were created to trust the One who
already holds it.

III. Why the Future Feels Overwhelming:

The future feels overwhelming because
God did not design you to live there.

He designed you to live:

This breath.

This moment.

This day.

Look at what Jesus says:

Matthew 6:34 (NIV) ³⁴ Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.

👉 “Each day has enough trouble of its own.”

Grace is daily.

In Exodus 16, when Israel gathered manna, they could only collect enough for that day. If they tried to hoard it, it spoiled.

God was teaching dependence.

Modern example:

We live in a culture obsessed with forecasting.

- Economic predictions
- Political speculation
- Health statistics
- Retirement calculators

Information is constant. Peace is rare.

Why?

Because information without trust produces anxiety.

If God showed you everything ahead of time, you wouldn't need faith.

You'd only need data.

But faith grows in uncertainty.

IV. Anchoring in God's Character:

You don't overcome future anxiety by predicting outcomes.

You overcome it by anchoring yourself in who God is.

Hebrews 13:8 (NIV)⁸ Jesus Christ is the same yesterday and today and forever.

God was faithful before.
God is faithful now.
God will be faithful then.

Think historically.

- . When Rome destroyed Jerusalem in AD 70, **believers** survived because Christ was their anchor.
- . During plagues in the early church, **Christians** stayed to care for the sick because they trusted eternity.
- . During the Great Depression, faithful **believers** survived not because they knew the future...but because they knew their God.

And today?

Job uncertainty.
Health diagnoses.
Global conflict.

God has not changed.

V. When Anxiety Hits - Practical Steps:

1. Name the Fear

“What am I afraid might happen?”

David often did this in the Psalms.

Psalm 56:3 (NIV) ³ When I am afraid, I put my trust in you.

He didn't deny fear.

He redirected it.

2. Bring It Back to Today:

Ask: “Is this happening right now?”

If not, it's tomorrow's burden.

Release it in prayer.

Philippians 4:6–7 (NIV) ⁶ Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. ⁷ And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

3. Return to Truth:

God promises presence....not prediction.

Isaiah 41:10 (NIV) ¹⁰ So do not fear, for I am with you;

do not be dismayed, for I am your God.

I will strengthen you and help you;

I will uphold you with my righteous right hand.

4. Surrender Control Again:

Say, “Lord, You have already gone ahead of me.”

Deuteronomy 31:8 (NIV)

8 The LORD himself goes before you and will be with you; he will never leave you nor forsake you. Do not be afraid; do not be discouraged.

5. Stay Present:

You cannot live tomorrow today.

Anxiety says, “What if?”

Faith says, “Even if.”

Even if the job changes.

Even if health declines.

Even if plans shift.

God remains.

VI. Jesus ...Our Ultimate Example:

In the Garden of Gethsemane, Jesus faced the ultimate unknown suffering.

Luke 22:42 (NIV) ⁴² “Father, if you are willing, take this cup from me; yet not my will, but yours be done.”

He entrusted the future to the Father.

The cross looked like disaster.

The resurrection proved divine control.

The disciples thought all hope was lost that week.

Sunday proved tomorrow belongs to God.

VII. The Deeper Issue:

Anxiety often reveals something deeper.

Control....

We want certainty more than surrender.

But Christianity is not built on certainty of outcomes.

It's built on certainty of Christ.

Romans 8:28 (NIV) ²⁸ And we know that in all things God works for the good of those who love him, who have been called according to his purpose.

Not some things.

All things.

VIII. Modern Application:

Maybe you are anxious about:

- . Retirement
- . Children's future
- . Marriage
- . Ministry
- . Health results
- . National direction

Listen carefully.....

The same God who sustained believers under Roman persecution, through world wars, through economic collapse.....will sustain you.

Your future is not random.

It is held.

By nail-scarred hands.

IX. Born Again Hope:

Here's the truth.

Anxiety about the future becomes overwhelming when eternity is uncertain.

If you do not know Christ, tomorrow is terrifying.

Hebrews 9:27 (NIV) ²⁷ Just as people are destined to die once, and after that to face judgment,

But for those born again.....

John 3:16 (NIV) ¹⁶ For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life.

When you belong to Christ, your ultimate future is secure.

Heaven is **not** uncertain.

Forgiveness is **not** uncertain.

Adoption is **not** uncertain.

You do not just trust Him for tomorrow.

You trust Him for **eternity**.

Salvation Invitation:

If you have never been born again...

If anxiety grips you because you don't know where you stand with God...

Today is the day.

Jesus died for your sins.

He rose again.

He offers forgiveness and new life.

You do not clean yourself up first.

You come as you are.

Romans 10:9 (NIV) ⁹ If you declare with your mouth, "Jesus is Lord," and believe in your heart that God raised him from the dead, you will be saved.

If that's you, pray from your **heart**....

“Lord Jesus, I confess I am a sinner. I believe You died for my sins and rose again. I surrender my life to You. Forgive me. Make me new. I trust You as my Lord and Savior. In Jesus’ name, Amen.”

If you prayed that sincerely, you are born again.

Your future is no longer uncertain.

It is eternal.

Closing Prayer:

Father God, thank You that we do not have to carry tomorrow. Thank You that You hold it. Help us live faithfully today. Teach us to replace “what if” with “even if.” Strengthen every anxious heart. And for those who came to You today, seal them by Your Spirit. Anchor us in our Lord Jesus Christ, our unchanging hope. In Jesus’ name, Amen.

Final thought:

You do not overcome anxiety by figuring out the future.

You overcome it by trusting the God who already holds it.