

Redefining Your Life

Matthew 6:25-34 | June 14, 2026

Dr. Jerry Edmonson

What makes you anxious?

Anxiety is defined as a feeling of worry, nervousness, or unease, typically about an **imminent event** or something with an **uncertain outcome**. For many, anxiety is a medical condition characterized by **excessive apprehensiveness** about real or perceived threats resulting in real physical reactions. **The truth is that...**

Life is filled with **anxiety** and **anxious** moments.

Matthew 6:1-18 — Redefining Religion

Jesus addresses three spiritual practices: Giving-Praying-Fasting

Matthew 6:19-24 — Redefining Treasure

- Verses 1–18: Who has your **attention**?
- Verses 19–24: What has your **affection**?

Matthew 6:25-34 — Redefining Life

*“Therefore I tell you, **do not be anxious about your life**, what you will eat or what you will drink, nor about your body, what you will put on. **Is not life more than food**, and **the body more than clothing**?”* Matthew 6:25

How would you **define** life?

If your definition of life is **too small**, your anxiety will always be **too big**.

But when life is defined by God—His presence, His care, His kingdom—peace begins to replace fear.

We are tempted to **distill** life down to our **anxieties**.

Life is more than what consumes your attention, fills your calendar, or occupies your mind. Life is found in seeking the Kingdom of God first. Jesus says:

- Life is bigger than **consumption**.
- Life is bigger than **appearance**.
- Life is bigger than **survival**.

When just living becomes your highest priority, you stop experiencing life in the kingdom.

Look at the birds of the air: they neither sow nor reap nor gather into barns, and yet your heavenly Father feeds them. Are you not of more value than they? And which of you by being anxious can add a single hour to his span of life? Matthew 6:26-27

Worry is an attempt to control what belongs to God.

The illusion of control often becomes the prison of anxiety.

*And why are you anxious about clothing? **Consider the lilies of the field, how they grow: they neither toil nor spin, yet I tell you, even Solomon in all his glory was not arrayed like one of these. But if God so clothes the grass of the field, which today is alive and tomorrow is thrown into the oven, will he not much more clothe you, O you of little faith?*** Matthew 6:28-30

The people knew that Jesus was saying that Solomon was something to behold. But he can't hold a candle to the beauty of a field of wildflowers.

If God cares for what is **temporary**, how much more will He care for His children?

The root of anxiety and worry is **trusting** in the wrong things!

If you're falling off a cliff, strong faith in a weak branch is fatally inferior to weak faith in a strong branch. Salvation is not finally based on the strength of your faith, but on the object of your faith. Tim Keller

What do you believe about God's love for you and His ability to care for you?

*Therefore **do not be anxious**, saying, 'What shall we eat?' or 'What shall we drink?' or 'What shall we wear?' **For the Gentiles seek after all these things, and your heavenly Father knows that you need them all.*** Matthew 6:31-32

But seek first the kingdom of God and his righteousness, and all these things will be added to you. Matthew 6:33

The issue isn't **worry**. The issue is **priority**!

When the Kingdom is first:

- Money finds its place.
- Work finds its place.
- Family finds its place.

- Future finds its place.

Life works **best** when God is **first**.

*Therefore **do not be anxious about tomorrow**, for tomorrow will be anxious for itself. **Sufficient for the day is its own trouble**.* Matthew 6:34

Anxiety does not empty tomorrow of its sorrows but only empties today of its strength. Charles Spurgeon

The quality of your life is determined not by what you own, control, or achieve, but by how fully you trust and pursue the Kingdom of God.

5 Decisions for Kingdom Living

1. **Decide** today to **trust** God in everything!

Steady faith in a faithful God will steady us in an unsteady world.

“The life of faith is not a life of anxiety, but a life of trust.” Eugene Peterson

***Trust in the Lord** with all your heart, and do not lean on your own understanding. In all your ways acknowledge him, and he will make straight your paths.* Proverbs 3:5–6

2. **Decide** today to live with **contentment**!

*For we brought nothing into the world, and **we cannot take anything out of the world**. But **if we have food and clothing, with these we will be content**.* 1 Timothy 6:7–8

Contentment is **key** to living without worry or crippling anxiety.

*Not that I am speaking of being in need, for I have learned, in whatever situation I am, **to be content**. I know how to be brought low, and I know how to abound. In any and every circumstance, I have learned the secret of facing plenty and hunger, abundance and need. **I can do all things through him who strengthens me**.* Philippians 4:11–13

He who has God and everything else has no more than he who has God only. C.S. Lewis

- Contentment is **learned** (not automatic)
- Contentment is **internal** (not circumstantial)
- Contentment is **Christ-centered** (not self-generated)

3. **Decide** today to turn your anxiety into prayer.

When you experience anxiety let it be a signal to pray ...

***Do not be anxious about anything**, but in everything by prayer and supplication with thanksgiving let your requests be made known to God.* Philippians 4:6

Redirect the inward anxiety upward toward God and **Receive** His peace!

*And the **peace of God**, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.* Philippians 4:7

4. **Decide** today to stay **focused** on God in a **Distracted** World.

*Let us run with endurance the race that is set before us, **looking to Jesus**, the founder and perfecter of our faith...* Hebrews 12:2

5. **Decide** today to redefine your life!

Write a kingdom life definition in your own words!

My life is defined as living in a trusting relationship with my Heavenly Father, finding my identity, purpose, and security in His Kingdom. It is my daily journey of seeking God's rule and righteousness above all else, confident that He knows my needs and faithfully provides for them. In my life I have the freedom to focus on what matters most—loving God, serving others, and fulfilling His purposes—while resting in His care one day at a time. My heart is anchored in my Father's presence, directed by His priorities, and sustained by His provision.

My life is simply the joyful pursuit of God's Kingdom, lived in confident dependence upon my Father's loving care.