

BREAKING THE SPIRIT OF FEAR
From Bondage to Blessing Part 2
TEXT: Matthew 6:25–34 (NKJV)

INTRO: LEARNING TO TRUST OUR FATHER

Church, all of us face moments when fear tries to take control. We worry about our families, finances, health, relationships, and the future. Sometimes our minds become filled with questions: **“What if something goes wrong? What if I don’t have enough? What if things don’t work out?”**

In **Matthew 6**, Jesus speaks directly to those fears. He says, **“Therefore I say to you, do not worry.”**

Jesus teaches us that **fear is the root, and worry is the fruit**. Fear lives in the heart, while worry shows itself in our thoughts, words, and actions. Both can pull our attention away from God and place it on our circumstances.

Jesus does not promise that we will never have problems. Instead, He asks us a more important question:

“Who will I trust when problems come?”

Throughout Matthew 6, Jesus points us back to our **Heavenly Father—the One who feeds the birds, clothes the lilies, knows our needs, and faithfully cares for His children.**

1. FEAR FOCUSES ON WHAT WE LACK

Jesus says in **Matthew 6:25- Do not worry about your life.**

The word **“worry”** carries the idea of being divided, distracted, or pulled in different directions. That is what fear does. It keeps our attention on tomorrow instead of trusting God today. Jesus is not saying we should not plan or prepare. **He is confronting a life controlled by fear instead of faith.**

Then Jesus points toward the birds:

Matthew 6:26- Look at the birds of the air... your heavenly Father feeds them. Are you not of more value than they?”

Birds still work, search, and gather, but they do not spend their lives worrying about tomorrow. And notice what Jesus calls God: **“your heavenly Father.”** Our confidence is not simply that God can provide. Our confidence is that **He is our Father and we belong to Him. Fear says, “God has forgotten me.” Faith says, “My Father knows exactly what I need.”**

Like the little girl riding through a thunderstorm who was not afraid because her father was driving, our peace does not come from perfect circumstances. **Our peace comes from knowing who is in control.**

2. FEAR ACCOMPLISHES NOTHING

Jesus asks in Matthew 6:27- **Which of you by worrying can add one cubit to his stature?**
The answer is simple: **No one.**

Worry has never solved tomorrow's problem. It only steals today's peace.

ILL: Someone said, **"Worry is like a rocking chair. It gives you something to do, but it never takes you anywhere."**

Many of us have carried burdens God never intended us to carry.

Philippians 4:6–7 gives us a better response: instead of worrying, **pray**. Instead of rehearsing the problem over and over, bring it to God. **When fear enters your mind, turn it into a prayer.** Don't rehearse the problem. **Release it to the Lord.** Prayer accomplishes what worry never can.

3. FEAR FORGETS GOD'S FAITHFULNESS

Jesus then says, **"Consider the lilies."**

The word **"consider"** means to observe carefully and think deeply. Jesus is telling us to stop staring at our problems long enough to remember the faithfulness of God.

If God cares for flowers that are here today and gone tomorrow, **how much more will He care for His children?**

Remember David. When he stood before Goliath, he remembered how God had helped him defeat the lion and the bear.

Yesterday's victories gave him faith for today's battle.

Sometimes the best thing you can do when you are afraid is remember.

- Remember the prayers God answered.
- Remember the doors He opened.
- Remember the times He provided.
- Remember how He carried you through difficult seasons.

Yesterday's faithfulness strengthens today's faith.

4. FEAR DISTRUSTS GOD'S CHARACTER

Jesus says: **Matthew 6:32- Your heavenly Father knows that you need all these things.**

Those words are filled with hope: **Your Father knows.**

He knows every need before you ask. He knows every burden you carry and every challenge you face. Nothing surprises God. Nothing catches Him unprepared. **Before your problem reached you, it was already known by your Father.**

Fear asks, "Does God know?"

Faith answers, "My Father already knows."

We may not always understand what God is doing, but we can trust His heart. When life does not make sense, instead of only asking, **"Why is this happening?"** begin asking, **"Lord, what are You teaching me?"**

5. FEAR IS OVERCOME BY SEEKING GOD'S KINGDOM FIRST

Jesus gives us the answer in **Matthew 6:33- But seek first the kingdom of God and His righteousness, and all these things shall be added to you.**

The word **"seek"** means to pursue diligently and make something your highest priority. Jesus does not tell us to make security, comfort, possessions, or even blessings our highest pursuit.

He says, **"Seek first the Kingdom of God."** **Fear grows when temporary things become our highest priority. Peace grows when Jesus is first.**

Think about Peter walking on the water. As long as his attention remained on Jesus, he walked. But when his attention shifted toward the wind and waves, fear took over.

The same is true for us. **Fear grows when we focus on our circumstances. Faith grows when we focus on Jesus.** Start your day with God. Before listening to your worries, **listen to His Word.** Give Him your attention, your plans, and your priorities.

6. FAITH LIVES IN THE PRESENT

Jesus closes by saying: **Matthew 6:34-Therefore do not worry about tomorrow..."**

Fear constantly lives in the future.

- **"What if I lose my job?"**
- **"What if something happens?"**
- **"What if I don't have enough?"**

Fear makes us live in a tomorrow that has not arrived while robbing us of the grace God has given us for today. But **faith lives one day at a time.**

When Israel traveled through the wilderness, God provided manna each day. They had to learn that the God who provided yesterday would be faithful again tomorrow.

God still teaches us that kind of trust. He may not show us the entire journey, but **He gives us enough grace for the next step**. Instead of continually asking, “**What if?**”, pray: “**Lord, help me trust You today. I will be faithful today and leave tomorrow in Your hands.**”

CONCLUSION:

YOUR FATHER IS FAITHFUL

Jesus is not telling us to ignore our problems. **He is teaching us to trust our Heavenly Father in the middle of them**. The question is not whether God is faithful. **The question is whether we will trust His faithfulness**. The God who fed Israel, cared for Elijah, multiplied the loaves, and gave His Son for our salvation **is the same God who cares for us today**.

So, when fear comes:

- **Focus on your Father.**
- **Turn your worry into prayer.**
- **Remember God’s faithfulness.**
- **Trust His character.**
- **Seek His Kingdom first.**
- **Live one day at a time.**

Lay down your fear, hold onto His promises, and walk in peace.

- **Your Heavenly Father knows what you need.**
- **Your Heavenly Father cares for you.**
- **And your Heavenly Father is faithful.**