

## "Prescription for Peace" Matthew 6:25-34

The pace of today's life confronts us with large doses of stress. Our worry over these stressful situations tends to rob us of the peace that could be ours. Christ, in this portion of the sermon on the mount, tells how to regain and sustain that peace.

- The context – the Sermon on the Mount  
The interpretation of the Sermon
- The epidemic of our time – Worry & Stress  
The impact of worry & stress  
The causes of worry & stress  
The effectiveness of worry  
The Greek word
- Worry vs. Concern

### **Destroyers of Peace**

Three Negative Imperatives

1. Don't worry about food, clothing and length of life – 6:25-30
2. Don't act like the Gentiles – 6:31-32
3. Don't worry about tomorrow, 6:34

"Thou hast commanded, and so it is, that every inordinate affection should be its own punishment."

—St. Augustine

### **Why is worry so bad?**

1. It intrudes on God's provisions.
2. It exhibits a lack of trust in God.
3. It affects our relationships
4. It damages our health
5. It harms our witness

### **Finding Peace**

1. Seek first the kingdom of God -6:33 (the first positive imperative!)
2. The issue is God's character.
3. The challenge is to trust God.
4. God provides what we *need* to do His will

“Thou hast made us for thyself, O Lord, and our hearts are restless until they find their rest in Thee.”

—St. Augustine

### **Conclusion**

- An illustration from Numbers 13
- Hymn – “Wonderful Peace”  
*Peace like a river, so deep and so broad*  
*Wonderful peace, wonderful peace*  
*Resting my soul on the bosom of God,*  
*I have peace, sweet peace.*