

Obstacles to Contentment

Matthew 6:25-30

Matthew 6:25-30 (NASB)

²⁵ “For this reason I say to you, do not be worried about your life, *as to* what you will eat or what you will drink; nor for your body, *as to* what you will put on. Is not life more than food, and the body more than clothing?

²⁶ Look at the birds of the air, that they do not sow, nor reap nor gather into barns, and yet your heavenly Father feeds them. Are you not worth much more than they?

²⁷ And who of you by being worried can add a *single* hour to his life?

²⁸ And why are you worried about clothing? Observe how the lilies of the field grow; they do not toil nor do they spin,

²⁹ yet I say to you that not even Solomon in all his glory clothed himself like one of these.

³⁰ But if God so clothes the grass of the field, which is *alive* today and tomorrow is thrown into the furnace, *will He* not much more *clothe* you? You of little faith!”

Anxiety is a thief. The combination of fear and uncertainty robs many believers of the peace that the heavenly Father intends for them to have ([John 14:27](#)).

John 14:27 (NASB)

²⁷ “Peace I leave with you; My peace I give to you; not as the world gives do I give to you. Do not let your heart be troubled, nor let it be fearful.”

But anxiety does not fit who we are in Jesus Christ. By putting our faith in Him, we have placed our life in the hands of a sovereign God who wants the very best for His children. What do we have to fear when we trust in Him?

Believing in the Lord doesn't mean that we will never experience uncertainty. What it should mean is that we choose to let go of anxiety and instead trust Him to provide for our needs in His time and His way. When we don't, fear and doubt can become entrenched in our thinking and develop into a stronghold. Then Satan will dig in and use every resource he can to build our apprehension. That is what sinful anxiety looks like—a sense of fear that overwhelms faith.

Faith can be besieged and toppled when its foundation is weakened by unbelief. I'm not implying that an anxious believer isn't truly a Christian. However, in saying, “I know God is capable of dealing with the problems in my life, but I'm not sure that He will,” uncertain saints may look for ways to fix the issue themselves instead of waiting patiently for the Lord to act on their behalf.

The Lord sees the beginning and the end of every situation that we face. He knows the root of our anxiety, the best way to calm our heart, and how to turn our weeping into joy. He will do all of this without leaving our side, because He loves us deeply and desires to bless us richly.