

***TAMING  
TENSION***

***Matthew 6:25-34***

## **Matthew 6:25-34**

**25 Therefore I say unto you, Take no thought for your life, what ye shall eat, or what ye shall drink; nor yet for your body, what ye shall put on. Is not the life more than meat, and the body than raiment?**

**26 Behold the fowls of the air: for they sow not, neither do they reap, nor gather into barns; yet your heavenly Father feedeth them. Are ye not much better than they?**

**27 Which of you by taking thought can add one cubit unto his stature?**

**28 And why take ye thought for raiment? Consider the lilies of the field, how they grow; they toil not, neither do they spin:**

## **Matthew 6:25-34 - continued**

**29 And yet I say unto you, That even Solomon in all his glory was not arrayed like one of these.**

**30 Wherefore, if God so clothe the grass of the field, which to day is, and to morrow is cast into the oven, shall he not much more clothe you, O ye of little faith?**

**31 Therefore take no thought, saying, What shall we eat? or, What shall we drink? or, Wherewithal shall we be clothed?**

**32 (For after all these things do the Gentiles seek:) for your heavenly Father knoweth that ye have need of all these things.**

## **Matthew 6:25-34 - continued**

**33 But seek ye first the kingdom of God, and his righteousness; and all these things shall be added unto you.**

**34 Take therefore no thought for the morrow: for the morrow shall take thought for the things of itself. Sufficient unto the day is the evil thereof.**

# **I. Concentrate On Relaxing Influences**

**Philippians 4:6-8**

**6 Be careful for nothing; but in every thing by prayer and supplication with thanksgiving let your requests be made known unto God.**

**7 And the peace of God, which passeth all understanding, shall keep your hearts and minds through Christ Jesus.**

**8 Finally, brethren, whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, and if there be any praise, think on these things.**

# **I. Concentrate On Relaxing Influences**

## **A. Consider God's creation**

### **Psalm 8:3-4**

**3 When I consider thy heavens, the work of thy fingers,  
the moon and the stars, which thou hast ordained;**

**4 What is man, that thou art mindful of him? and the son  
of man, that thou visitest him?**

### **Psalm 102:25**

**Of old hast thou laid the foundation of the earth: and the  
heavens are the work of thy hands.**

# **I. Concentrate On Relaxing Influences**

**B. Commune with God in song.**

**Ephesians 5:19**

**Speaking to yourselves in psalms and hymns and spiritual songs, singing and making melody in your heart to the Lord;**

**Proverbs 25:20**

**As he that taketh away a garment in cold weather, and as vinegar upon nitre, so is he that singeth songs to an heavy heart.**

**C. Concentrate on God's promises**

**Psalms 143:5**

**I remember the days of old; I meditate on all thy works; I muse on the work of thy hands.**

## **II. Cultivate A Sense Of Humor**

**Proverbs 17:22**

**A merry heart doeth good like a medicine: but a broken  
spirit drieth the bones.**

## **II. Cultivate A Sense Of Humor**

### **A. Take time to laugh**

**Ecclesiastes 3:4**

**A time to weep, and a time to laugh; a time to mourn,  
and a time to dance;**

### **B. Learn to laugh at your mistakes and blunders because everyone makes them**

**Genesis 21:6**

**And Sarah said, God hath made me to laugh, so that all  
that hear will laugh with me.**

## **II. Cultivate A Sense Of Humor**

**C. Laugh at situations and circumstances and with people**

**Job 8:19-21**

**19 Behold, this is the joy of his way, and out of the earth shall others grow.**

**20 Behold, God will not cast away a perfect man, neither will he help the evil doers:**

**21 Till he fill thy mouth with laughing, and thy lips with rejoicing.**

# **III. Control Extravagant Ambitions**

**Matthew 6:33**

**But seek ye first the kingdom of God, and his  
righteousness; and all these things shall be added unto  
you.**

# **III. Control Extravagant Ambitions**

## **A. Pace yourself and know your limitations**

**Psalm 127:2**

**It is vain for you to rise up early, to sit up late, to eat the bread of sorrows: for so he giveth his beloved sleep.**

**2 Thessalonians 3:13**

**But ye, brethren, be not weary in well doing.**

### **III. Control Extravagant Ambitions**

**B. Learn to be yourself, to do what God wants, no more,  
no less**

**2 Corinthians 10:12**

**For we dare not make ourselves of the number, or  
compare ourselves with some that commend themselves:  
but they measuring themselves by themselves, and  
comparing themselves among themselves, are not wise.**

### **III. Control Extravagant Ambitions**

**C. Ambition if not controlled can lead to unhappiness and strain**

**1 Timothy 6:10**

**For the love of money is the root of all evil: which while some coveted after, they have erred from the faith, and pierced themselves through with many sorrows.**

**Philippians 4:11**

**Not that I speak in respect of want: for I have learned, in whatsoever state I am, therewith to be content.**

**1 Timothy 6:8**

**And having food and raiment let us be therewith content.**

# **IV. Cooperate With The Inevitable**

**Romans 8:28**

**And we know that all things work together for good to them that love God, to them who are the called according to his purpose.**

## **IV. Cooperate With The Inevitable**

**A. Accept situations that you cannot change**

**Matthew 6:27**

**Which of you by taking thought can add one cubit unto his stature?**

**Acts 16:25**

**And at midnight Paul and Silas prayed, and sang praises unto God: and the prisoners heard them.**

## **IV. Cooperate With The Inevitable**

**B. Jesus lived a relaxed life and did not worry about the little things**

**Matthew 8:20**

**And Jesus saith unto him, The foxes have holes, and the birds of the air have nests; but the Son of man hath not where to lay his head.**

**C. Jesus did not fret about difficult situations but turned impossibilities into opportunities**

**John 11:40**

**Jesus saith unto her, Said I not unto thee, that, if thou wouldest believe, thou shouldest see the glory of God?**

# **V. Consistently Trust In The Lord**

**Psalm 62:8**

**Trust in him at all times; ye people, pour out your heart  
before him: God is a refuge for us. Selah.**

## **V. Consistently Trust In The Lord**

### **A. Practice the presence of God**

**Exodus 33:15**

**And he said unto him, If thy presence go not with me, carry us not up hence.**

### **B. You are not meeting life's demands alone**

**Psalms 59:16**

**But I will sing of thy power; yea, I will sing aloud of thy mercy in the morning: for thou hast been my defence and refuge in the day of my trouble.**

# **V. Consistently Trust In The Lord**

**C. Yield yourself to His will, way, and work**

**Proverbs 3:5-6**

**5 Trust in the LORD with all thine heart; and lean not unto thine own understanding.**

**6 In all thy ways acknowledge him, and he shall direct thy paths.**

## **Philippians 4:5**

**Let your moderation be known unto all men.**

**The Lord is at hand.**