**The Way of the Sparrow
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**Worry and anxiety** is a **psychological pandemic in our society.**We worry about the future, the economy, the environment, the political quagmire, the chances of infection.  **We worry about** how all this **worry** is going to affect our health! **And yet, we have so much.**

How do we live in a world of **abundance** without losing our **dependence** on God?

The truth is that …

Our Father **provides** for all of his **creation**.

**This is the Way of the Sparrow**

Realize that not everyone lives in **abundance**!

About **9.2%** of the world, or 689 million people, live in extreme poverty on less than $1.90 a day, according to the World Bank. In the United States, 10.5% of the population — 34 million people — live in poverty as of 2019. Almost 50% of the world lives on less than $5.50 a day or about 3.7 billion.

Earthly **abundance** doesn’t equal **heavenly** reward.

*For what does it profit a man to gain the whole world and forfeit his soul?*​​​​Mark 8:36

**The way of the sparrow is a way of living our lives where …**

You **trust** God more than you trust **stuff**!

*Therefore I tell you,****do not be anxious about your life****…* ​​​​​Matthew 6:25a

**Therefore** … What does this mean?

***Do not lay up for yourselves treasures on earth,****where moth and rust destroy and where thieves break in and steal, but****lay up for yourselves treasures in heaven****, where neither moth nor rust destroys and where thieves do not break in and steal. For where your treasure is, there your heart will be also.*​​​​​​​Matthew 6:19–21

***No one can serve two masters****, for either he will hate the one and love the other, or he will be devoted to the one and despise the other. You cannot serve God and money.*​​​​​​Matthew 6:24

This is not a command not to **care**! But rather an invitation to **bring** your cares before the Lord.

***Come to me****, all who labor and are heavy laden, and I will give you rest. Take my yoke upon you, and learn from me, for I am gentle and lowly in heart, and****you will find rest for your souls.****For my yoke is easy, and my burden is light.”*​​​​​​​Matthew 11:28–30

***do not be anxious about anything****, but in everything by****prayer****and****supplication****with****thanksgiving****let your requests be made known to God. And****the peace of God****, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.*​​​​Philippians 4:6–7

*Any concern too small to be turned into a prayer is too small to be made into a burden.* ​Corrie ten Boom

*Pray as if it all depended on God, work as if it all depended on you*. ​​​Saint Augustine of Hippo

The Greek word for “anxious” is ***merimnaō****.*You can find it in **17 verses** of the New Testament, usually translated “to care, to be anxious, to be concerned or to worry.”

**Merimnao** – to care, to be anxious, to be concerned or to worry

It’s bad when it focuses **inward** and it is good when it focuses **outward**.

*For I have no one like him, who will be genuinely concerned for your welfare.*​​​Philippians 2:20

*Give us this day our****daily****bread,*Matthew 6:11

Epiousios – is not a used in the Greek language. It is believed to be a made-up word.

 The bread of today (time)

 The bread of tomorrow (time)

 Just enough bread to keep us alive and no more (amount)

 The bread we need (amount)

Old Syriac second century translation reads … “**Give us today the bread that doesn’t run out**.”

*Fear of not having enough to eat can destroy a sense of well-being in the present and erode hope for the future. … at the heart of the Lord’s Prayer Jesus teaches his disciples a prayer that means, “Deliver us, O Lord, from the fear of not having enough to eat. Give us bread for today and with it give us confidence that tomorrow we will have enough.”*​​Kenneth Bailey, *Jesus Through Middle Eastern Eyes*

**For that matter who are we trusting to give us enough?**

*…****give me neither poverty nor riches****; feed me with the food that is needful for me,lest I be full and deny you and say, “Who is the Lord?” or lest I be poor and steal and profane the name of my God.*​​​Proverbs 30:8–9

Trust is about your **relationship** with the one who gives you what you need!

*… 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 6:25b

***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

**Three examples** where anxiousness is absent in the midst of our loving Father’s care!

***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?* Matthew 6:26

**Sparrow** – God sees our desires for necessity in live.

Anxiety wants you to seek greater **security**!

Your Heavenly Father says that you are **valuable** and he will provide for you.

*You are valuable because you exist. Not because of what you do or what you have done, but simply because you are.* ​​​​Max Lucado

*And which of you by being anxious can add a single hour to his span of life?*​​​Matthew 6:27

**Grass** – God sees our concern for life and death

Anxiety wants you to avoid **death** and dying!

*Since****his days are determined****, and the number of his months is with you, and****you have appointed his limits****that he cannot pass,*​​​​Job 14:5

Your Heavenly Father says nothing can **separate** you from his love.

*Who shall separate us from the love of Christ? Shall tribulation, or distress, or persecution, or famine, or nakedness, or danger, or sword?*​​​​Romans 8:35

*No, in all these things we are more than conquerors through him who loved us. For I am sure that neither death nor life, nor angels nor rulers, nor things present nor things to come, nor powers, nor height nor depth, nor anything else in all creation, will be able to separate us from the love of God in Christ Jesus our Lord.*​​​​Romans 8:37–39

*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

**Lilies or flowers** – God sees our desire for quality of life and beauty

Anxiety wants you to focus on the **outside**!

Your Heavenly Father says, have **faith** that what is inside matters more than what is outside.

The Way of the Sparrow is about living a life of faith and trust that frees us to live according to our intended and created design.

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

*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

Worrying about **tomorrow** will paralyze you **today**!

Trusting your Heavenly Father to provide your needs is the key to living your life in **freedom** and **joy**!

Tools that can help you trust your Heavenly Father.

**Worship** – Giving God your Attention, Adoration, Affection and Allegiance

**Prayer** – Humbly seek, knock, ask, believe, trust. It is our posture that allows us to see our Father’s provision.

**Journaling** – Keep track of how God provides for you and then let those stories encourage you during difficult times.

**Community** – we need others to share our lives with, burdens and blessings.