

## **Main point: Do not distract your heart with sinful cares**

### **Point 1: Your Father in heaven is the creator and sustainer of your life**

### **Point 2: Your Father in heaven cares for you**

#### Matthew 10:29

Are not two sparrows sold for a penny? And not one of them will fall to the ground apart from your Father.

“Do not distract your hearts with sinful cares, Matthew 6:25-26. Consider the fowls of the air, says Christ; not the fowls at the door, that are daily fed by hand, but those of the air, that know not where to have the next meal; and yet God provides for them. Remember your relationship to Christ, and his engagements that are promised to you, and by these things work your hearts to satisfaction and contentment with all the allotments of Providence.”

John Flavel  
*The Mystery of Providence*

“Providence is the almighty and ever present power of God by which he upholds, as with his hand, heaven and earth and all creatures, and so rules them that leaf and blade, rain and drought, fruitful and lean years, food and drink, health and sickness, prosperity and poverty— all things, in fact, come to us not by chance but from his fatherly hand.”

Heidelberg Catechism

### **Point 3: You can trust your Father in heaven to provide everything you need**

“It does not matter very much to Satan what form sin takes as long as he succeeds in his ultimate objective. It is immaterial to him whether you are laying up treasures on earth or worrying about earthly things; all he is concerned about is that your mind should be on them and not on God.”

Martyn Lloyd-Jones  
*Studies in the Sermon on the Mount*