

WHAT DOES THE BIBLE SAY ABOUT THIS?

WHAT THE BIBLE SAYS ABOUT WORRY

MATTHEW 6:25-34

Don't Worry

Matthew 6:25 (KJV) 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?

- This text begins with, “*Therefore I say unto you...*” is Jesus referring to the previous verse where He says, “*a servant can’t serve two masters.*”
- And because God is our Master, Jesus says, “*take no thought for your life*”, or do not worry about the everyday issues of life
- Jesus’ *command to take no thought for your life* is all inclusive
- Jesus is not “advising” believers not to worry, He’s *commanding* us not to worry
- When we worry, it the sin because it reflects a lack of *trust* in God or *doubt* in His care and control
- But what about us today? Most people have met their essential needs already, so what are we worrying about?
- What do believers worry about today?
 - *Financial Security*
 - We often place our sense of safety in our resources rather than in the Source
 - *Health and Longevity*
 - We want control over our bodies and our future, but health ultimately rests in God’s hands
 - *Family and Relationships*
 - We carry burdens for loved ones that God invites us to cast on Him
 - *The Future (Uncertainty and Control)*
 - Fear of the unknown and the illusion that we must have it all figured out.
 - *Reputation and Approval*
 - We often base identity on others’ opinions rather than God’s affirmation.
 - *Ministry and Calling*
 - Forgetting that fruitfulness is *God’s work*, “not ours”
- In this text, Jesus is speaking primarily to disciples and others who gathered to listen to Him teach His Sermon on the Mount (Matthew 5-7)
- Jesus’ audience were living under harsh Roman rule, economic difficulties, high taxes, and daily uncertainty
- The people Jesus was teaching were literally struggling for survival
- Jesus says, “***...Is not the life more than meat, and the body than raiment?***”
- Jesus is not “minimizing” the importance of daily needs; He’s *reordering our priorities* and *redefining* what life truly is
- Jesus is reminding us that life’s value and purpose go beyond physical survival
- Jesus is teaching us that true life is *spiritual*, not just material
- Even though the people in Jesus’ day were literally struggling to survive, He challenges them to see from a higher perspective
- If God can *create* life (physical, emotional, and mental, and spiritual) out of nothing, isn’t He God enough to *sustain* what He created?
- If God created your *body*, isn’t God enough to *clothe* it?

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- If God has *already* done the *greater* thing (giving life and a body), He can surely do the *lesser* (provide food and clothing).
- If God is able to create life, wouldn't that same God be able to feed us, clothe us and provide shelter for us?

Don't Worry; God is Already Working

[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?

- Jesus gives us an object lesson, look at the birds
- He tells you and me to look at the birds that don't plant and harvest crops and yet your heavenly Father continuously feeds them
- God isn't just their Creator; He is *our* Father of believers
- A father is a provider
- A father doesn't just "respond" to the need, he *anticipates* them
- A father doesn't wait for you to ask, many times He just gives
- It is a father's joy to provide for his children
- So Jesus asks us, "*If God takes care of birds, don't you think He'll take of you?*"
- We become fearful and anxious when we realize we don't have the resources to carry only what God can handle
- If God feeds the birds of the air, He'll surely take care of his sons and daughters

Don't Worry; Worry Changes Nothing

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

- When we worry, we're taking our needs out of the Father's hands and taking matters into our own hands
- Worry does not change or accomplish anything ***[27] Which of you by taking thought can add one cubit unto his stature?***
- Worry has never:
 - Cured a disease
 - Prevented anything from happening
 - Lead you to a new job
 - Mended a broken relationship
 - Put a roof over your head
 - Clothed you
 - Provided you with a meal
- Worry does cloud our thinking to the point where our spiritual thoughts and actions are blocked
- Worrying can make small things, big things, yet not change things

Don't Worry; Worry Weakens Your Faith

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

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day is, and to morrow is cast into the oven, shall he not much more clothe you, O ye of little faith?

- Jesus shifts His focus from the sky to the field, from birds to flowers
- The lilies of the field don't work nor worry
- These lilies are more vibrant and beautiful than Solomon's royal garments
- If God can "clothe" the grass of the field with lilies, that are *here today and gone tomorrow*, won't He clothe you?
- God wants us to look at nature and let it remind us of God's provision; "not our problems"
- Jesus says to those gathered, *O ye of little faith*
- Worry insults God's love for us questions His faithfulness
- Worry chokes off our faith
- Faith and worry can't live in the same heart
- *Feed your faith, and your worries will starve to death*

Don't Worry; It's Beneath a Believer

[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.

- Jesus says when we worry about the necessities of life, we are acting more like "unbelievers" than *believers*
- Unbelievers have no faith in God, they put their hope and faith in what they can see now
- Believers are *different* from unbelievers, we are not wrapped up in the world and things of the world
- Believers are *different* from unbelievers; we have a heavenly Father that *knows* our needs
- When we "think" like the world, we *worry* like the world
- Living like the world is *beneath* the believer
- The faithful and trusting believer is *anxious for nothing* ***Philippians 4:6 (NLT) 6 Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done.***
- Believers refuse to *conform* to this world regardless of what we face in life ***Romans 12:2 (NLT) 2 Don't copy the behavior and customs of this world, but let God transform you into a new person by changing the way you think. Then you will learn to know God's will for you, which is good and pleasing and perfect.***

Don't Worry; Seek God's Way First

[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.

- The *cause of worry* is seeking the things of the world, and the *cause of contentment* is seeking *first* the things of God
- Seek first His kingdom and righteousness and all the things we need will be added to us
- To *seek* is to pursue, go after, aim search for, desire more than anything else

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- The Kingdom of God is God's way, His rule, His will, His authority, and to become a *citizen* of God's Kingdom
- Seeking the Kingdom of God is living a life in complete obedience to God
- Seeking God's Kingdom is being consumed to live complete obedience to God **Acts 20:24 (NLT) 24 But my life is worth nothing to me unless I use it for finishing the work assigned me by the Lord Jesus—the work of telling others the Good News about the wonderful grace of God.**
- When your priority in life is to live like citizen of the kingdom of God, God promises He will meet all your needs and even some of your wants
- When you choose God's way of doing things you are choosing *against* worry
- We must also seek His righteousness
- Instead of longing after things of "this world", we have a hunger and thirst for things of the world *to come*
- We are to be examples righteousness in our everyday lives **2 Peter 3:11-12 (NLT) 11 "Since everything around us is going to be destroyed like this, what holy and godly lives you should live, 12 looking forward to the day of God and hurrying it along..."**
- As believers, we are not to be preoccupied with tomorrow and the issues that go with it
- We are to seek God's Kingdom and His righteousness *today*, and leave *tomorrow* and its needs in God's hands
- Jesus is *not saying*, not to make reasonable and responsible plans for the future
- Jesus *is saying*, tomorrow will take care of itself because we have a heavenly Father that loves and cares for us, and tomorrow is *already* in His hands
- Trust that God will give us grace to handle the issues of today and when tomorrow arrives God will again give us His grace to make it through the day with no worries

Don't Worry; Pray

Philippians 4:6-7 (KJV) 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.

- Paul had many reasons to worry
- He wrote from his jail cell words He was saying in every situation let God know what you need through prayer and petitions make your requests while giving thanks
- Paul turned worries that had no value" into a prayer request of faith, that has *incredible value* to God
- Replace worry with prayer
- Be grateful, thank God for his goodness and faithfulness even before the answer comes
- And God turned Paul's prayers into peace
- The *peace of God* is *not* the absence of problems, but the *presence* of divine assurance in the midst of them.
- The *peace of God* is supernatural tranquility that God gives to those whose hearts and minds are *anchored* in Him
- When you pray *instead* of panic, the peace of God guards your heart and mind through Christ Jesus