



WHY WORRY
MATTHEW 6:25-34

Most can agree that when it comes to membership in the human race, worry is part of the package

- We also know it is useless, unhealthy, irrational and unpredictable
- It deals in what-ifs, could-bes, speculation and possibility
- And we normally wind up at the worst-case scenario guaranteeing our own misery or someone we love

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- Corrie ten Boon, “Worry is an old man with bended head, carrying a load of feathers which he thinks are lead.”
- The Bible chooses its worry language carefully
 - “To take thought or to be careful” + a divided mind

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- The worrier's mind is torn between the real and the possible, the immediate and the potential
- The worrier attempts to live in the future and that presents them with two problems
 - The future isn't here, and the future isn't theirs
 - The future is unknown, unpredictable and therefore irrelevant to peace of mind

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- Mark Twain, “I’m an old man and I’ve known a great many troubles, but most of them never happened.”
- As we look at Jesus’ words this evening, please don’t hear it in a harsh tone
- Hear it in a loving and faithful tone of a loving Savior and friend

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- **Matthew 6:24 NLT** 24 “No one can serve two masters. For you will hate one and love the other; you will be devoted to one and despise the other. You cannot serve God and be enslaved to money.

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- The enslavement to money produced a couple of responses
- Greed, there is never enough
 - **Matthew 6:19a NLT** “Don’t store up treasures here on earth
 - **Matthew 6:20a NLT** Store your treasures in heaven

Most can agree that when it comes to membership in the human race, worry is part of the package

- The enslavement to money produced a couple of responses
 - **Matthew 6:21 NLT** Wherever your treasure is, there the desires of your heart will also be.
 - Worry, there is never enough
 - **Matthew 6:25-32** addresses the worry

Two simple disclaimers about worry

- Don't worry doesn't mean don't plan
 - No one who reads the gospels would say Jesus has a problem with planning

Two simple disclaimers about worry

- Don't worry doesn't mean don't plan
 - **Luke 14:28-30 NIV** 28 “Suppose one of you wants to build a tower. Won't you first sit down and estimate the cost to see if you have enough money to complete it? 29 For if you lay the foundation and are not able to finish it, everyone who sees it will ridicule you, 30 saying, ‘This person began to build and wasn't able to finish.’

Two simple disclaimers about worry

- Don't worry doesn't mean don't be concerned
 - If you aren't concerned about your children playing near traffic or playing around a large body of water, your parenting skills are questionable

Two simple disclaimers about worry

- Don't worry doesn't mean don't be concerned
 - There is a difference between carefree and careless
 - Concern focuses on the present, while worry is attached to the future
- Jesus is teaching about the captivity of unchecked worry

Worry is inconsistent

- **Matthew 6:25 NLT** 5 “That is why I tell you not to worry about everyday life—whether you have enough food and drink, or enough clothes to wear. Isn’t life more than food, and your body more than clothing?”
- Jesus is simply asking, “Who gave you the body you live inside? Who established its requirements for – food, clothing, shelter?”

Worry is inconsistent

- Has he gone away or become disinterested in you or maybe he is not paying close attention?
- Don't you think that same provider will see to your needs?
- God went to a lot of trouble to put us here
 - Why then would he be careless about the little things of life

Worry is inconsistent

- A God so magnificent he would never overlook something so small according to Jesus
 - Isn't life more than...
- If you buy into a Creator God, you must buy into the Sustainer God—or you're being inconsistent
- Jesus never suffered and died for the same children he planned to neglect

Worry is irrational

- **Matthew 6:26 NLT** 6 Look at the birds. They don't plant or harvest or store food in barns, for your heavenly Father feeds them. And aren't you far more valuable to him than they are?
- Jesus answered the first question, "Can God provide" and he anticipates the second question, "Will God provide"

Worry is irrational

- A copper coin could buy you two sparrows. Two copper coins could buy you 5 sparrows. Buy 4 get 1 free
- That one sparrow has no market value but God knows when it falls to the ground

Worry is irrational

- **Matthew 10:29b** NLT But not a single sparrow can fall to the ground without your Father knowing it.
- If God is so meticulous with the smallest, most insignificant bird, won't he also tend to your deepest needs?

Worry is ineffective

- **Matthew 6:27 NLT** Can all your worries add a single moment to your life?
 - Who can sit back in his chair and worry themselves a few extra inches in height?
 - Which of you by worrying can add a day, an hour, or a flickering moment to your life?

Worry is ineffective

- Worry is the most ineffective use of your time
- The average pet mouse will run 9,000 miles on a wheel in their lifetime and they are still in the cage
- That's the way it is with worry-a lifetime of frantic running with no destination

Worry is ineffective

- After a while you run out of the strength God gave you and your still in the cage
- Someone said, “Worry doesn’t rob tomorrow of sorry. It robs today of its strength.”

Worry is irreligious

- **Matthew 6:31-32 NLT** 31 “So don’t worry about these things, saying, ‘What will we eat? What will we drink? What will we wear?’ 32 These things dominate the thoughts of unbelievers, but your heavenly Father already knows all your needs.

Worry is irreligious

- Jesus' point is by worrying we are acting/responding just like everyone else who does not know better
 - To the Jews, this meant Gentiles
 - Jews had a covenant relationship with God supported by 1,000 of years demonstrating he kept his promises
 - The Gentiles had none of this, so it was natural for them to be anxious over food, shelter and clothing

Worry is irreligious

- But God's people should know better
- It was written in bold letters in his Word, proclaimed in his churches and emblazoned in their hearts
- Worry denies your Father in heaven and your family on earth
- It reduces us to the ways of the pagans who worship blind, deaf and powerless idols

Worry is irreligious

- For a born-again child of God, worry is a small town we pass through, not a place to hang our hat
 - It's a momentary phase, not a lifestyle

Worry is irreligious

- Jesus is talking about our unbelief but notice how gentle he is
 - Your heavenly Father knows we need all these things. Rest, take comfort. Every need you have is on God's agenda
- Let' your runaway mind come home and find rest

Fighting the Giant of Worry – You need a system of priorities

- **Matthew 6:33 NLT** Seek the Kingdom of God above all else, and live righteously, and he will give you everything you need.
- Worry is bringing the anxieties of tomorrow into the problems of today
- We are dealing with the issues of today while dwelling on the questions of tomorrow

Fighting the Giant of Worry – You need a system of priorities

- Jesus has a simple prescription for worry: Get your priorities in order
 - Seek the things of God first
 - Live the righteous life he would have you live today
 - Put aside every other distraction then let the chips fall where they may

Fighting the Giant of Worry – You need a system of priorities

- Can it really be that simple, not easy, but simple?
 - Do you really trust the Heavenly Father who loves you or is it simply lip service?
 - Can you live out your belief that God is sovereign?
- Rebuild your system of priorities, with God at the center and you'll be sheltered from the storms of worry and stress

Fighting the Giant of Worry – You need a strategic program

- **Matthew 6:34 NLT** “So don’t worry about tomorrow, for tomorrow will bring its own worries. Today’s trouble is enough for today.
- You won’t sink under the burden of today’s crisis, but tomorrow’s agenda puts us over the weight limit

Fighting the Giant of Worry – You need a strategic program

- If the hull of an ocean ship is pierced the steel doors of the hold can be lowered so that only a portion of the ship is flooded
- Dr. Osler, “We should design our lives just a carefully. We all have our unforeseen collisions, and we must learn how to lower the forward hold door against the dangerous tomorrows.”

Fighting the Giant of Worry – You need a strategic program

- Someone has pinned
All the water in the world
However hard it tried,
Could never sink a ship
Unless it got inside
All the hardships of this world
Might wear you pretty thin,
But that won't hurt you one lease bit
Unless you let it in

Fighting the Giant of Worry – You need a strategic program

- Someone has written,
 - “Don’t dwell on tomorrow’s stress.
 - ❖ When that day dawns, God will give you the grace and strength you need for it.
 - Don’t dwell on yesterday’s mess.
 - ❖ The one thing about the past is, it’s gone.”

Fighting the Giant of Worry – You need a strategic program

- You enemy will whisper in your ear, “Don’t forget who you were and what you did – you haven’t really changed.”
 - God has cast our past as far from us as the east is from the west and created in us a new person
- Don’t dwell on yesterday’s success
- Don’t lament the good ole days

Fighting the Giant of Worry – You need a strategic program

- We must dwell on the miracle of what lies before us today
- Don't dwell on yesterday's distress (heartache)
 - Grief and mourning are clean, Biblical emotions, but they're not to be permanent ones
 - The important thing is to keep walking

Fighting the Giant of Worry – You need a strategic program

My name is I AM

If you live in the past,
It will be very hard,
For I am not there.

My name is not I WAS

If your live in the future,
It will be very hard,
For my name is not I WILL BE.

Fighting the Giant of Worry – You need a strategic program

My name is I AM

But if you live in the present,
It is not hard,
For my name is I AM.

- J. Arthur Rank's Wednesday Worry Box

I'd like to leave you with 4 verses and 6 words to rally around

- **Psalms 50:15 NLT** Call on me when you are in trouble, and I will rescue you, and you will give me glory.
- **Psalms 55:22 NIV** Cast your cares on the Lord and he will sustain you; he will never let the righteous be shaken.
- **1st Peter 5:7 NLT** Give all your worries and cares to God, for he cares about you.

I'd like to leave you with 4 verses and 6 words to rally around

- **Philippians 4:6-7 NLT** 6 Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. 7 Then you will experience God's peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus.

I'd like to leave you with 4 verses and 6 words to rally around

And now 6 Words:

Worry about nothing – pray about everything!



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