

DO NOT WORRY

Matthew 6:25-34

Matt. 6:25 – *Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more important than food, and the body more important than clothes?*

1. The **poor** and **needy** who have *nothing*...to them it is a matter of **survival**.
2. The **rich** and **plenty** who have *everything*...to them it is a matter of **choice**.



I. What is worry?

The Greek word for worry is '**merimnao**' it refers "to be apprehensive, be anxious, be unduly concerned".

Any gravestone? : **"Died from worry"**

- **most** of us worry sometimes,
- **some** of us worry a lot of the time,
- a **small elite group** of worriers who worry all the time.



A. Worry is Wickedness

Psalm 78:19 - *“They spoke against God, saying, ‘Can God spread a table in the desert?’”*

Psalm 78:20 - *“When he struck the rock, water gushed out, and streams flowed abundantly. But can he also give us food? Can he supply meat for his people?”*

- This is **unbelief** and **doubting** God.
- This is **wickedness** and **sinning** against God.



F.B. Meyer

“He never forgot that He was the child of the labouring classes, that His mother at His birth had brought the gift of the poor to the temple, and that from boyhood He had been accustomed to the shifts of poverty.”

His frequent speech about patching garments and using old bottle skins, about the price of sparrows and the scanty pittance of a labourer’s life, indicate that His mind was habituated to the experience of the poor.”



B. Worry is Worthless

1. Look at the birds! (vs.26)

Matt.6:26 - *“Look at the birds of the air, they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they?”*

*“your heavenly Father” - not the birds’ father
- Our Father*



2. Look at your height (vs.27)

“Which of you by taking thought can add one cubit unto his stature?” (KJV)

“Who of you by worrying can add a single hour to his life?” (NIV)

- *Worry cannot make us taller, shorter, bigger, smaller, thinner, fatter.*
- *Worry cannot add anything to our lives.*
- *“Worry does not empty tomorrow of sorrows, it empties today of strength.” Corrie Ten Boom*

3. Look at the lilies (vs. 28-30)

v.28 – *And why do you worry about clothes? See how the lilies of the field grow. They do not labor or spin.*

v.29 – *Yet I tell you that not even Solomon in all his splendor was dressed like one of these.*

v.30 – *If that is how God clothes the grass of the field, which is here today and tomorrow is thrown into the fire, will he not much more clothe you, O you of little faith?*

- ***We have eternal value!***



C. Worry is Worldliness (vs.31-32)

v.31 – So do not worry, saying, ‘What shall we eat?’ or ‘What shall we drink?’ or ‘What shall we wear?’

v.32 – For the pagans run after all these things, and your heavenly Father knows that you need them.

Matthew 24 - as it was in the **days of Noah** men were **eating**, men were **drinking**, men were **marrying** and giving in marriage



II. How not to worry?

A. Trust God as He has already provided for our greatest need in the past - (A Saviour)

B. Trust God that He will provide for our daily needs in the present time

- v.33 – *But seek first his kingdom and his righteousness, and all these things will be given to you as well.*



To seek the kingdom of God

is to intentionally focus on and fully experience relationship with God

- Through *prayer*
- Through meditating on *His word*.
- Through *evangelism*,
- Through practical *giving*,
- Through expressing *love* to others.

We are to **seek first** the *kingdom of God*...
not to seek first our *needs*.



God's idea of what we need is often different from ours

God's timing usually will not be the same as what we expect.

- God loved both Job and Elijah
- He allowed Satan to strike Job (Job 1–2)
- He let Jezebel to break the spirit of Elijah (1 Kings 18–19).

*God watched over them throughout their trials.
He restored Job and He sustained Elijah.*



C. Trust God that He will provide all our needs
in the future

v.34 - *Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.*

Abraham Lincoln : *“The best thing about the future is that it comes one day at a time.”*

“strength for today and bright hope for tomorrow,” (Great Is Thy Faithfulness)



CONCLUSION

I. Do not Worry. Why?

A. Worry is *Wickedness*

B. Worry is *Worthless*

- Look at the **Birds**
- Look at your **Height**
- Look at the **Lilies**

C. Worry is *Worldliness*



II. How Not to Worry?

A. Trust God as He has already provided our greatest need in the past

- *Saviour ... Salvation ... Eternal life*

B. Trust God that He will provide for our daily needs in the present time

- *He knows what we need now*

C. Trust God that He will provide all our needs in the future

- *He knows what we need tomorrow*

