

Don't Be in a Hurry to Worry!

Matthew 6:25-31



What Worries Us in this Country

- 1) Our own health and fitness-73%
- 2) Lack of time for family/leisure-49%
- 3) Our children's problems-43%
- 3) Job related stress-43%
- 4) Personal investments-39%
- 5) Estate planning-37%
- 6) Relationships with children-34%
- 7) Aging-30%
- 8) Income level%-22%
- 9) Our marriages-21%

Lower than expected
Under Valued?



What
Do You
Worry
About?

Finances-Do we have enough money to make it?

Family and Friends

Being alone in life

Our failure at something we've tried

Eternal Existence (Where will you spend eternity?)

Look At Jesus' Words In Our Text

“Therefore I will 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 than food, and the body more than clothes? Look at the birds of the air; they do not sow or reap or stow away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they? Can any one of you by worrying add a single hour to your life? Matthew 6:25-27

One has said, “If we worry we cannot trust, and if we trust we cannot worry.”

At the very cornerstone of our faith is a basic matter of trust:

“Some trust in chariots and some in horses: but we will remember the name of the Lord our God.” Psalms 20:7

We Already Put Our Trust in Many Things!

Mail - That it will get where we want it to go

Cars - We trust that they will start when we want (we take them for granted because of their track records)

Airplanes, Trains, Buses - We trust that we will arrive at our destination safely

Do We Ever Place Our Trust In God?

That's Jesus' argument in this text to His disciples

Our lives are a matter of trust that is guarded and guided by God, Colossians 3:3, *"Set your minds on things above ... for ye are ... When Christ, who is your life appears, then you also shall appear with Him in glory ."*

God promises to guide our lives if we choose to trust Him with our faith Hebrews 11:6

Jesus References Examples In Matthew Chapter 6 That We Should Understand

We Worry About Essentials for Ourselves and Families (food, clothing, shelter)

Jesus uses the common birds of the air in His argument (they are provided resources and instincts; they don't store in barns, cabinets, or refrigerators, but live from day to day)

- Birds are not made in the image of God**
- Birds are not promised to be eternal heirs with Christ**
- Birds do not have a special place prepared in heaven**

So, if God will take care of all types of bird species, how much more will He care for you and me (the relationship)

Birds Aren't Lazy (THEY WORK FOR A LIVING)

We Worry About Longevity (Our Quest for Longer Lives)

Many have been made rich by supposedly answering our quest for longer lives (books, home sports equipment, gymnasium memberships, medications, home remedies and supplements, O.T.C.'S, using dietary discretion)

Some of these have shown benefits

But when we place too much of an emphasis on these things, they can become harmful

Life is a gift from God, and we should be “good stewards” of God’s gift (don’t fall in love with harmful things).



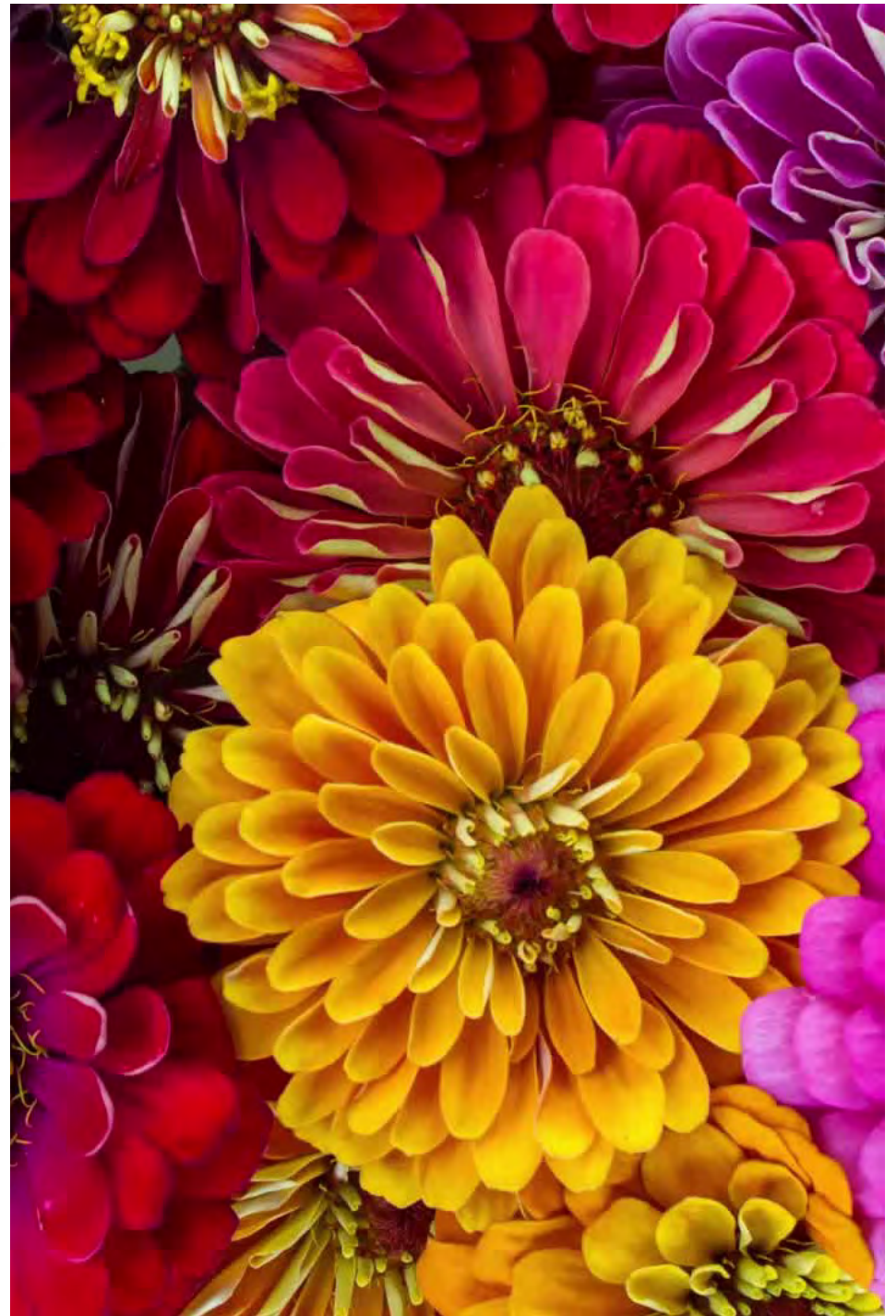
We Worry About Clothes; Jesus Uses Flowers To Show God's Care for Us

**Flowers don't put forth any effort
to change their size or color**

**Flowers have amazing detail,
symmetry, and brilliance—all
created by God**

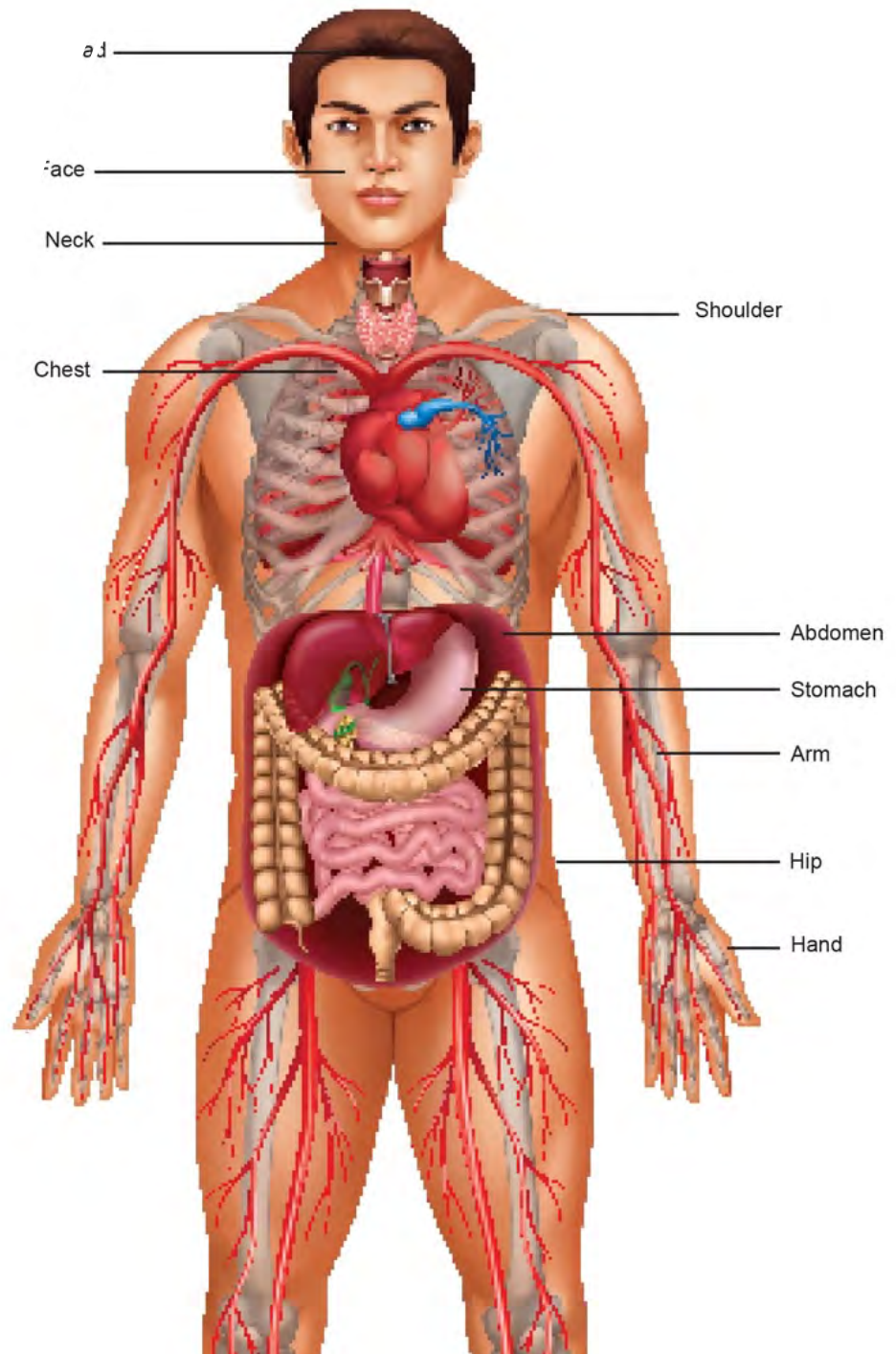
**Jesus says that King Solomon,
with all of his riches, brilliant
attire, and haberdashery,
wouldn't compare favorably
with the flowers of the field for
their beauty and brilliance**

**If God takes this much care to
clothe the flowers of a field,
how much more will he care
about you?**



Worry Is Bad For Your Health; Affects 23 Million People Each Year

- Sleeplessness
- Irritability
- Tension
- G.I. problems
- Dermatological (skin)
- Headaches
- Increased Resting Heart Rate
- Increased Respiratory Rate
- Elevated Blood Pressure/Stroke



There Are Only Two Options (We Have to Choose One)

**Worry about
things ourselves**

Trust in God
Proverbs 3:5-6
Philippians 4:19

**Worry - defined as depending on the wrong person to
handle our problems in life**


**Leaning on our own understanding leads to further worry,
Jeremiah 10:23**

God is able to handle things that we have no control over

Trusting in God will deliver us from the anxieties we have

It's difficult to trust in a God whom you cannot see, Heb.11:1

**But God doesn't ask us to rely on someone/something that
hasn't been proven (the scriptures and our experiences with
God already, have proven His faithfulness) Romans 15:4**



God Wants Us to Share Our Burdens and Anxiety With Him

Knowing that we will have anxious times, God challenges us to bring our burdens to Him:

*Be anxious for nothing, 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 (settle) your hearts and minds through Christ Jesus,
Philippians 4:6-7 (Memorize)*

Therefore humble yourselves under the mighty hand of God, that He may exalt you in due time, casting all your care (anxiety) upon Him, for He cares for you. 1Peter 5:7 (health, money, family)

- **Jesus told His disciples to focus on the challenges of today rather than worry about the uncertainties of tomorrow:**

Therefore do not worry about tomorrow, for tomorrow will worry about its own things. Sufficient for today is its own trouble; Matthew 6:34

***God Is Here For Us
Every Day!***

The Plan of Salvation

Hear the Gospel

Acts 15:7

Believe the Gospel

Acts 15:7

Repent of Sins

Acts 17:30

Confess Christ

Acts 8:37

Be Baptized

Acts 8:38