

"What does Jesus say about Worry?" Matthew 6:25-34

It seems like if you listen to the media you get the feeling that they have an agenda to keep us all anxious and worried. We live in a world of 24/7 news, a proliferation of "experts and gurus," and a deluge of "the latest studies." The result is an overdose of worry or outright fear.

Jesus deals with many topics in the Sermon on the Mount. One of them is Worrying. If you conquer worry, you will then have peace of mind.

Matt. 6:25-34

Three times in this passage Jesus says do not worry: v. 25, v. 31 and finally in v. 34. The theme of this whole passage is "Do not be anxious."

Three reasons to stop our worrying:

I. We should not worry because of who God is, his character and person.

Jesus wants his disciples to realize who their Father is, and to teach them how they ought to live their lives in a material world.

Nothing – absolutely nothing in any aspect of our lives, internal or external, justifies us worrying when we consider who God is.

Worry is the sin of distrusting the promise and providence of God.
Worry is the opposite of contentment – which should be the believer's norm.

We are not to worry because of who God is. The person of God, the character of God. If God so carefully takes care of such relatively insignificant creatures as birds, how much more will he take care of those who are created in His own image and who have become His children thru faith?

II. We should not worry because of who we are, in Christ.

v. 28-30 Jesus argues again from the "lesser to the greater." If God is going to take care of grass and lilies, don't you think he will take care of you?

So consider the wild flowers of the field; they don't spin a single thread to clothe themselves and yet they are more beautiful and gorgeous than Solomon in all his glory with robes decked with gold and silver and sparkling jewels.

If God lavishes such beauty on an inanimate object which lasts only but a day and then is burned up - Is He not more concerned to clothe and care for those who are destined for eternal life?

III. We should not worry because of the promises in God's Word.

v. 33- Seek first the kingdom of God and his righteousness.

The way to combat worry is to focus your life on spiritual things/spiritual matters. To focus on righteousness. "Set your affections on things above and not on things of this earth, for your life is hid with Christ in God"

Our priorities need to be God first. Our pursuit in life needs to be a pursuit of righteousness.

We are to seek first the things of the One to whom we belong.

We are also to seek his righteousness instead of seeking the things of this world. We are to seek after righteousness, godliness and holiness, and that's not something ethereal and future belonging in another age, but intensely practical and for the present. As we do that, God will supply our every need.

We are not to worry because of who God is – his character.

We are not to worry because of who we are – in Christ.

And we are not to worry because of God's promise.