



## Overcoming Worry

\*See also Luke 12:22-34

**Principles to remember for overcoming worry in God's Kingdom...**



### 1. Providence (26, 28-29)

\*See God's Work in Nature!

\*Two Examples:

Birds (26) Lillies (28)



\*If the created order testifies to God's "eternal power and divine nature" (Rom 1:20), it testifies also to His **providence**.

\*The point is **NOT** that the disciples need not work (2 Thess 3:10), but they **should not worry** about whether **God will provide**.

**Note:** The bird does not work in the ways we do (sowing, reaping, gathering), but it still works to find food. It doesn't just sit idly in a tree waiting to be fed.

### 4. Preeminent (31-32)

\*We can take comfort in the fact that God knows what things we need in life!  
-Matthew 6:7-8; Ps 139:1-6

### 5. Priorities (33)

\*Seek out the heavenly things first! (Col 3:1-4)  
\*This instruction goes back to the three metaphors regarding our **treasure**, **eye**, and **master** (19-24).  
\*Those examples dealt with three choices, and Jesus wants us to **choose His kingdom first in everything**.  
\*We must trust that He will provide for us in our daily needs **if we make His kingdom our priority**.

-Ecc 2:24-26

Conclusion to Jesus' presentation of Kingdom Choices in 19-24 covering "treasure," the "eye," and serving two "masters"

25 **Therefore** I tell you, **do not be anxious** about your **life**, what you will **eat** or what you will **drink**, nor about your **body**, what you will **put on**. Is not **life** more than **food**, and the **body** more than **clothing**? "Take no thought" from KJV is deceptive in modern English. Jesus wants us to consider the birds & flowers (26-30)

26 Look at the **birds** of the air: they *neither sow nor reap nor gather into barns*, and yet your heavenly Father **feeds them**. Are **you** not of more value than **they**? <- *What is our relationship to God as compared to the bird?*

27 And which of you by being **anxious** can add a single **hour** to his **span of life**?

28 And why are you **anxious** about **clothing**? Consider the **lilies of the field**, how they grow: they neither toil nor spin,

29 yet I tell you, even **Solomon** in **all his glory** was **not arrayed like one of these**. <- 1Ki 10:14-29

30 But if God so **clothes the grass of the field**, which today is alive and tomorrow is thrown into the oven, **will he not much more clothe you, O you of little faith?** <- Mt. 8:26; 14:31; 16:8

31 **Therefore** **do not be anxious**, saying, 'What shall we eat?' or 'What shall we drink?' or 'What shall we wear?'

32 For the **Gentiles seek after all these things**, and your heavenly Father knows that you need them all. <- *Pagan thinking!* (Matthew 6:7-8)

33 But **seek first the kingdom of God and his righteousness**, and **all these things** will be added to you.

34 **Therefore** **do not be anxious** about **tomorrow**, for **tomorrow** will be anxious for itself. **Sufficient for the day is its own trouble**.

## Sermon on the Mount Matthew 6:25-34

### Do not be anxious (25, 31, 34)

Anxiety and worry show that we have placed our faith in the wrong things...that we have made the wrong choices regarding our **treasure**, where our **eye** is focused, and who is our **master**.



### 2. Prized (26, 30)

\*We must remember that we are highly valued by God.

\*We are created in His image (Genesis 1:26-27)

\*He loves us so much He sent His Son to save us  
-Jn 3:16; Rom 5:6-11

\*We are "fellow heirs with Christ" (Rom 8:16-17), and He has made us "more than conquerors" (Rom 8:31-39).

\* (26-30) He is arguing From the **Lesser to the Greater**  
-If God takes care of even the birds and the flowers (**lesser**), will He not also take care of us (**greater**)?

### 3. Pointless (27)

\*Worry cannot accomplish anything!

\*As a matter of fact, it could have the opposite effect...consider:

-You can worry yourself to death, but not to life.

-Dr. Charles Mayo, of the famous Mayo Clinic, wrote:

"Worry affects the circulation, the heart, the glands and the whole nervous system. I have never met a man or known a man to die of overwork, but I have known a lot who died of worry."

\*Proverbs 12:25; Matt 13:22

### 6. Present (34)

\*Stay in the moment!

\*An appeal to common sense, even though it is **against human nature**.