

February 7-8, 2009

WINNING OVER WORRYING

Matthew 6:25-34

“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 life not more important than food, and the body more important than clothes? ²⁶Look 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? ²⁷Who of you by worrying can add a single hour to his life? ²⁸And why do you worry about clothes? See how the lilies of the field grow. They do not labor or spin. ²⁹Yet I tell you that not even Solomon in all his splendor was dressed like one of these. ³⁰If 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? ³¹So do not worry, saying, ‘What shall we eat?’ or ‘What shall we drink?’ or ‘What shall we wear?’ ³²For the pagans run after all these things, and your heavenly Father knows that you need them. ³³But seek first his kingdom and his righteousness, and all these things will be given to you as well. ³⁴Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.”
Matthew 6:25-43 (New International Version)

Definition of Worry: a feeling of uneasiness about an uncertain or threatening future event or a past event.

➤ WHY DOES JESUS WARN US AGAINST WORRYING?

#1: WORRY EXHIBITS A LACK OF TRUST IN GOD.

#2: WORRY AFFECTS OUR RELATIONSHIPS.

#3: WORRY DAMAGES OUR HEALTH.

#4: WORRY HINDERS OUR WITNESS.

➤ WHAT CAUSES WORRY?

#1: THE AFFLUENCE OF OUR AGE

The sleep of a laborer is sweet, whether he eats little or much, but the abundance of a rich man permits him no sleep. Ecclesiastes 5:12 (NIV)

#2: THE MESSAGES WE RECEIVE

#3: THE PACE OF OUR LIVES

Do not let your hearts be troubled. Trust in God; trust also in me. John 14:1 (NIV)

Do not be anxious about anything but in everything, by prayer and petition, with thanksgiving, present your requests to God. ⁷And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. Philippians 4:6-7 (NIV)

➤ HOW TO LIVE A WORRY-FREE LIFE

#1: REMEMBER YOUR FATHER AND HIS FAITHFULNESS.

Are not two sparrows sold for a penny? Yet not one of them will fall to the ground apart from the will of your Father. ³⁰And even the very hairs of your head are numbered. ³¹So don't be afraid: you are worth more than many sparrows. Matthew 10:29-31 (NIV)

For he knows how we are formed, he remembers that we are dust. Psalm 103:14 (NIV)

My flesh and my heart may fail, but God is the strength of my heart and my portion forever. Psalm 73:26 (NIV)

Trust in the Lord with all your heart and lean not on your own understanding; ⁶in all your ways acknowledge him, and he will make your paths straight. Proverbs 3:5-6 (NIV)

#2: REMEMBER TO KEEP YOUR FOCUS.

So we fix our eyes not on what is seen, but on what is unseen. For what is seen is temporary, but what is unseen is eternal. 2 Corinthians 4:18

I lift my eyes to the hills – where does my help come from? ²My help comes from the Lord, the Maker of heaven and earth. Psalm 121:1-2 (NIV)