

## Reasons not to worry

<sup>25</sup>For this reason I say to you, do not be worried about your life,  
as to what you will eat or what you will drink;  
nor for your body, as to what you will put on.

Is not life more than food, and the body more than clothing?

<sup>26</sup>Look at the birds of the air,  
that they do not sow, nor reap nor gather into barns,  
and yet your heavenly Father feeds them.

Are you not worth much more than they?

<sup>27</sup>And who of you by being worried  
can add a single hour to his life?

<sup>28</sup>And why are you worried about clothing?  
Observe how the lilies of the field grow;  
they do not toil nor do they spin,

<sup>29</sup>yet I say to you that not even Solomon in all his glory  
clothed himself like one of these.

<sup>30</sup>But if God so clothes the grass of the field,  
which is alive today and tomorrow is thrown into the furnace,  
will He not much more clothe you? You of little faith!

<sup>31</sup>Do not worry then, saying  
'What will we eat?' or 'What will we drink?'  
or 'What will we wear for clothing?'

<sup>32</sup>For the Gentiles eagerly seek all these things;  
for your heavenly Father knows that you need all these things.

<sup>33</sup>But seek first His kingdom and His righteousness,  
and all these things will be added to you.

<sup>34</sup>So do not worry about tomorrow;  
for tomorrow will care for itself.  
Each day has enough trouble of its own.

(Matt. 6:25-34)

### Focus: What's wrong with worry?

#### Text: Contrasts

Treasures: in heaven or on the earth

Perspective: eyes either clear or bad

Masters: either God or material wealth

Seeking things like unbelieving gentiles or God's children who seek God's

kingdom and His righteous  
 Ambition: For God and His kingdom righteousness  
 or pursuit of things of the body like food and clothing.  
 Worry or Faith

**Stott. P. 160...**

<sup>25</sup>For this reason I say to you, do not be worried about your life,

Command: *Stop worrying and never start it again.*

Paul wrote,

Be anxious for nothing (not a single thing), but in everything by prayer..."(Phil. 4:6)

Life – psuche – life in the fullest possible sense

“For Christians, worry and anxiety are forbidden, foolish, and sinful...  
 Absolutely nothing in any aspect of our lives, internal or external,  
 justifies our being anxious when we have the Master we do”<sup>1</sup>

**anxiety** (according to Psychology today) is-

a feeling of worry, nervousness, or unease, typically about an imminent event or something with an uncertain outcome.

**Worry is** a sin of distrusting the promise and providence of God.

*Worry* is an old English term - from an old German word- “to strangle or choke”

Worry is a kind of mental and emotional strangulation, which probably causes more mental and physical afflictions than any other single cause.<sup>2</sup>

One way to picture worry:

It has been reported that a dense fog extensive enough to cover seven city blocks a hundred feet deep is composed of less than one glass of water – divided into sixty thousand million droplets. In the right form, a few gallons of water can cripple a large city.

In a similar way, the substance of worry is nearly always extremely small compared to the size it forms in our minds and the damage it does in our lives. Some has said, Worry is a thin stream of fear that trickles through

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<sup>1</sup> John MacArthur, The MacArthur New Testament Commentary: Matthew 1-7, (The Moody Bible Institute of Chicago, 1985), p. 419.

<sup>2</sup> Ibid.

the mind, which if encouraged, will cut a channel so wide that all other thoughts will be drained out.”

Worry is rooted in our view of material things – temporal value system.  
Concern over the things that only last for time instead of eternity.

Jesus’ message was that we should not worry, even about necessities

### **I. Anxiety is Unproductive**

God is the answer to worry.

**You cannot serve God and wealth”** (Matt. 6:24).

<sup>25</sup>For this reason I say to you, do not be worried about your life,

When we try to serve God and money we worry.

In the language of slavery this section speaks of the preposterous idea of a slave having two masters, since he is owned by a master.

The danger of material possessions is in their becoming our master in God’s place.

“Instead of being the servants of the Lord, whose service is perfect freedom, we become slaves to what God has made, and even to what man has made – possessions.”<sup>3</sup>

The solution is found in contentment.

**God owns everything, controls everything, and provides everything.**

David wrote,

“The earth is the Lord’s, and all it contains, the world, and those who dwell in it.”  
(Psalm 24:1)

The root cause of worry is owning anything.

When we dedicate our lives to the Lord, it’s important that we relinquish our rights to ownership of our possessions.

MacArthur writes,

“Everything we now have belongs to the Lord, and everything we will ever have belongs to Him. Why, then, do we worry about His taking from us what really belongs to Him?”

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<sup>3</sup> Ferguson, p. 140.

John Wesley was away from his home one day when someone came running up to him saying, “Your house has burned down! Your house has burned down!” To which Wesley replied, *“No it hasn’t, because I don’t own a house. The one I have been living in belongs to the Lord, and if it has burned down, that is one less responsibility for me to worry about.”*

### **Contentment is believing...**

that God has provided everything I need for my present and future happiness.

From: “arkeo” – *to be satisfied; to be strong*

Contentment comes as we realize that God is all we really need.

Hebrews 13:5

“Make sure that your character is free from the love of money, being content with what you have; for He Himself has said, ‘I will never desert you, nor will I ever forsake you,’”

Opposite of contentment is covetousness:

“Beware, and be on your guard against every form of greed; for not even when one has an abundance does his life consist of his possessions.” (Luke 12:15)

Idolatry is trusting people or possessions to do for me what only God can do.

Real contentment is living with the freedom from ownership, Since I’m owned by God, not by my possessions.

Spurgeon said,

“It is not how much we have, but how much we enjoy, that makes happiness.”

Anxiety is unproductive

## **II. Anxiety is unnecessary**

God Demonstrates His Care.

### **1. Worry isn’t logical since He values us the most.**

<sup>25</sup>For this reason I say to you, do not be worried about your life, as to what you will eat or what you will drink;

nor for your body, as to what you will put on.  
Is not life more than food, and the body more than clothing?

God is the answer to worry because He cares for us.  
He will provide food and clothing.

- Birds – He provides for the birds

<sup>26</sup>Look at the birds of the air,  
that they do not sow, nor reap nor gather into barns,  
and yet your heavenly Father feeds them.  
Are you not worth much more than they?

## 2. Worry is unnecessary since God controls and cares for all things.

*“Don’t you know that you are worth more than birds?”*  
Worry says that we aren’t worth anything to God.

Faith looks at the birds and let’s them remind us how much more  
God cares and will take care of us.

Said the robin to the sparrow  
‘I should really like to know  
Why these anxious human beings  
Rush about and worry so

Said the sparrow to the robin:  
‘Friend, I think that it must be  
That they have no heavenly Father,  
Such as cares for you and me’

Worry is worthless to benefit us or change anything, while faith opens our eyes to  
see how God provides for all creation.

**What can worry do?**  
**Absolutely nothing!**

<sup>27</sup>And who of you by being worried

can add a single hour to his life?

- Lilies - God clothes the Lilies

<sup>28</sup>And why are you worried about clothing?

Observe how the lilies of the field grow;  
they do not toil nor do they spin,

<sup>29</sup>yet I say to you that not even Solomon in all his glory  
clothed himself like one of these.

- Grasses –tended by God’s lawn service though they are temporary

<sup>30</sup>But if God so clothes the grass of the field,

which is alive today and tomorrow is thrown into the furnace,  
will He not much more clothe you? You of little faith!

God’s care for the temporary grasses demonstrates that He will care for us

1 Peter 5:7 says, “Casting all your care upon him; for he cares for you.”

**Cast** – isn’t the normal word for throwing something.

It signifies a definite act of the will by which we stop worrying about things  
and let God assume the responsibility for our welfare.

**Care** – lit. “for he is mindful of you and your interests.”<sup>4</sup>

### 3. Worry is unreasonable.

<sup>31</sup>Do not worry then, saying

‘What will we eat?’ or ‘What will we drink?’  
or ‘What will we wear for clothing?’

Faithless seek the things of life instead of God.

While the faithful seek God with confidence.

Anxiety is Unproductive, Unnecessary, and Unworthy

### III. Anxiety is unworthy.

Faith in God Overcomes Worry

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<sup>4</sup> Boice, p. 255.

<sup>32</sup>For the Gentiles eagerly seek all these things;  
for your heavenly Father knows that you need all these things.

<sup>33</sup>But seek first His kingdom and His righteousness,  
and all these things will be added to you.

God knows what we need.

God will provide all we need.

**Wisdom:** Make God's priorities our priorities and our needs will be God's provision.

Jesus' final admonition:

<sup>34</sup>So do not worry about tomorrow;  
for tomorrow will care for itself.  
Each day has enough trouble of its own.

Don't use up today's grace worrying about tomorrow's trials.

**Some Keys to Overcoming Worry:**

1. God's provision is for Christians only.
2. Learn about God's nature and ability.

Come to Me, all who are weary and heavy-laden,  
and I will give you rest.

Take My yoke upon you and learn from Me,  
For I am gentle and humble in heart,  
and you will find rest for your souls.

For My yoke is easy and My burden is light."

Matt. 11:28-30

3. Develop a habit of turning to God when worry comes.

Dr. Boice writes of a man whose name was found in the early Greek manuscripts from the first centuries of the Christian era: "Titedios Amerimnos"  
"Merimnos 'Worry' prefix 'not' "Titedios, *the man who never worries.*"<sup>5</sup>

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<sup>5</sup> Boice, p. 257.