Don't Worry
Matthew 6:25-34

Introduction:

 A. Worry is a universal problem that does not discriminate.

 B. Worry is destructive and has a major effect on one's overall health. It is a leading cause of heart trouble, high blood pressure, stomach disorders, and respiratory ailments.

The Command: Do Not Worry About Your Life (vs. 25, 31, 34).

 A. Jesus gives a command for His followers to not worry like those who are not a part of His Kingdom.

 B. Worry is a sin we must avoid like all other sins. It robs us of the peace of God (Phil. 4:6-7).

 C. Jesus is not saying it is wrong for us to make certain preparations (I Tim. 5:8).

Reasons We Should Not Worry:

 A. Worry does not change anything (v. 27).

  1. Most of our worries are over things we cannot control (ex: past and future events).

  2. Worrying does not change any outcome or prevent any future thing from happening (Heb. 9:27).

 B. Worry demonstrates a lack of faith (vs. 30-32).

  1. Jesus often rebuked his disciples for a lack of faith (Matt. 8:26; 14:31; 16:8; 17:20).

  2. Worry is sinful because it is our way of telling God that we do not trust Him to take care of us.

Overcoming Our Worries:

 A. Look to the father (vs. 26-32).

  1. If God cares for and provides for the lesser things, He will certainly care for and provide for us.

  2. We must learn to trust God and turn our worries over to Him (Psa. 37:25; Phil. 4:19; I Pet. 5:7).

 B. Line up your priorities (v. 33).

  1. As Christians, we are not of this world (Jn. 15:19). Our mindset is to be different (Col. 3:1-2).

  2. We need to be about our Father's business (Lk. 2:49).

 C. Live for today (v. 34).

  1. If we want to live for today we must not dwell on yesterday or tomorrow.

  2. Do not boast about tomorrow, for you do not know what a day may bring (Prov. 27:1).

Conclusion:

 A. Worry is a matter of not trusting God and His ability to provide for and take care of us.

 B. We serve a mighty God. Our "big" problems are not too large for Him. Place your trust in Him today.