



“WHY WORRY?”

Series: “LIVING FROM THE INSIDE OUT”, Part 15 of 19

Sunday, October 8, 2023, at 9:00 & 11:00 AM

Text: Matthew 6:25-34

Big Idea: Worry doesn't rob tomorrow of its problems; it drains today of its power.

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

Concern anticipates likely or certain coming events and takes appropriate action. Worry anticipates potential disasters in areas that we cannot control and does nothing about it.

2 Corinthians 11:28, “Besides everything else, I face daily the pressure of my concern for all the churches.”

Concern anticipates likely or certain coming events and takes appropriate action. Worry anticipates potential disasters in areas that we cannot control and does nothing about it.

I. WORRY IS ILLOGICAL.

Matthew 6:27, “Who of you by worrying can add a single hour to his life?”

II. WORRY IS UNHEALTHY.

III. WORRY REVEALS A LACK OF TRUST IN GOD.

Matthew 6:31-32, So do not worry, saying, 'What shall we eat?' or 'What shall we drink?' or 'What shall we wear?' For the pagans run after all these things, and your heavenly Father knows that you need them.

Matthew 6:26, 30, Look 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? If 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?

Matthew 6:33, "But seek first his kingdom and his righteousness, and all these things will be given to you as well."

Psalms 91:1-2, He who dwells in the shelter of the Most High will rest in the shadow of the Almighty. I will say of the LORD, "He is my refuge and my fortress, my God, in whom I trust."

Proverbs 3:24, "When you lie down, you will not be afraid; when you lie down, your sleep will be sweet."

Isaiah 26:3, "You will keep in perfect peace him whose mind is steadfast, because he trusts in you."

Psalms 121:1-2, "I lift up my eyes to the hills—where does my help come from? 2 My help comes from the LORD, the Maker of heaven and earth."

Matthew 28:20b, "I am with you always, to the very end of the age."

Romans 8:28, "And we know that in all things God works for the good of those who love him, who have been called according to his Purpose."

Colossians 3:15, "Let the peace of Christ rule in your hearts, since as members of one body you were called to peace. And be thankful."