"DON'T WORRY - BELIEVE!"

MATTHEW 6:25-34

7/16/2017

INTRODUCTION: V. 25a

***Don't worry! Believe!**

7 Facts about worry:

I. Worry keeps you from enjoying what is <u>really important</u> in life (v. 25b)

II. Worry is inconsistent with <u>God's care</u> for you (v. 26)

III. Worry <u>accomplishes</u> absolutely <u>nothing</u> at all (v. 27)

IV. Worry <u>fails</u> to <u>believe</u> that God is in control of things (v. 28-30)

V. Worry is characteristic of the <u>unsaved</u>, not the <u>child of God</u> (v. 31-32a)

VI. Worry <u>forgets</u> that <u>God remembers</u> (v. 32b-33)

VII. Worry about tomorrow's <u>troubles</u> leads to failure in solving <u>today's</u> (v. 34)

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"Therefore" - Jesus builds a conclusion on what He said in verses 19-24.

Since all of us are prone toward laying up treasures on earth and living for the material mammon, the Lord now shows us the foolishness of worrying about the temporal and exhorts us to live for the eternal (v. 33).

The word ***"take no thought"*** actually come from one Greek word "merimnao" which occurs 5 times in this context (6:25, 27, 28, 31, 34).

Our Lord continually made statements like: "*Let not your heart be troubled"* (Jn. 14)
"Fear not"
"Don't be afraid"
"Be careful for nothing"

"Take no thought" - Do not be anxious; don't worry. The Greek word refers to someone who has distracting thoughts; fear (anxiety) comes when our focus is wrong and our faith is weak.

"Worry is the sin of distrusting the promise and providence of God, and yet it is a sin that Christians commit perhaps more frequently than any other. The English term "worry" comes from an old German word meaning to strangle, or choke. That is exactly what worry does; it is a kind of mental and emotional strangulation, which probably causes more mental and physical afflictions than any other single cause. 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." (MacArthur, p. 419)

Jesus addresses the basic essentials that all of us need (food, drink, and clothing), so as to apply His message to everyone. He warns not about being obsessed with luxuries (which do not preoccupy the minds of many in the world), but He warns about being preoccupied with the necessities of life.

Many view "worry" as not such a big deal. However, "worry is a little trickle that gradually digs such a deep rut that all other things fall into it."

The Examples of Worrying:

Examples of what people fear: People fear the dark, the city streets, heights, getting up in front of people, death, the unknown, financial and other insecurities, etc.

Various phobias -

Acro phobia fear of high places
Agora phobiafear of open or public places
Aichmo phobiafear of sharp or pointed objects
Algo phobia fear of pain
Anthropo phobiafear of men or a particular man
Astra phobia fear of thunder, lightnings, or storms
Claustro phobiafear of closed places
Erentho phobiafear of blushing
Gyne phobia fear of women or a particular woman
Hemato phobiafear of blood
Hydro phobiafear of water
Mono phobiafear of solitude
Necro phobiafear of dead bodies
Nycto phobiafear of darkness (night)
Ochlo phobiafear of crowds
Patho phobiafear of disease or some particular disease
Pyro phobia fear of fire
Thansto phobiafear of death
Toxi phobia fear of poisons (or of being poisoned)
Zoo phobiafear of animals (or some particular animal)

The Symptoms of Worrying:

1.Physical symptoms - disturbed breathing, increased heart activity, inability to accomplish normal tasks, organic problems (aching back, stiff neck, headaches), perspiration.

2.Emotional Symptoms - Nervousness; withdrawal (isolation), etc.

The Focus of Worrying:

Worry is focusing on self rather than on God.
Worry is focusing on the unknown rather than the known.
Worry is focusing on the possible (potential) rather than the actual (real).
Worry is focusing on the negative rather than the positive.
Worry is focusing on problems rather than solutions.

ILLUS: The pop song of the late 1980's, which repeated over and over the lyric: "Don't worry, Be happy." The admonition to not worry is good, but the simplistic solution "Be happy" is absurd! Happy about what? How does happiness remove worry?

Without a doubt the message of Jesus Christ will have more substance in telling you how to gain victory over worry (fear).

***Don't worry! Believe!**

7 Facts about worry:

I. Worry keeps you from enjoying what is really important in life (v. 25b)

The questions expect a "Yes" answer.

Of course there is more to life, and our bodies were created to do more than to be clothed with the best of threads!

II. Worry is inconsistent with God's care for you (v. 26)

Birds do not plant, harvest, nor gather into storehouses, yet they are provided for.

"Your heavenly Father feedeth them" - How does God feed the average bird? Answer: Through natural means. He will through rain or nightfall stir a worm to rise out of the ground, or He will use a boy who, while eating his lunch, throws away the crust, and the birds pick it up.

God feeds the birds not by miraculous supply of food (it does not drop out of the sky) but through natural processes involving the earth and the birds' use of their faculties (Ryrie note).

God providentially provides for His children through normal means. This verse teaches us the principle that **God is in control of natural events**. He has His hand in matters on this earth, even when it is not so evident.

God does not have to do a miracle to be at work. He is at work today!

People are better (of more value or worth) than birds. Birds were created on the fifth day (Gen. 1:21), but His highest creative act was on the sixth day -- man. People are made in the image and likeness of God (Gen. 1:26); birds were not. People have a spirit which will never die; birds do not. People were given dominion over the fowl of the air (Gen. 1:26).

Jesus' point: If birds are the objects of God's concern, how much more are His children!

SEE: Mt. 10:29-31 - "*His eye is on the sparrow"*

Jesus is saying: If your Father in heaven cares for birds, will He fail to take care of you?

"God shall supply all your needs according to His riches in glory in Christ Jesus" (Phil. 4:19)

III. Worry <u>accomplishes</u> absolutely <u>nothing</u> at all (v. 27)

"One cubit" - one length of a forearm (about 18 inches)

ILLUS: How many (particularly young men) worry about how tall they are.

Jesus' point: man's worrying cannot accomplish that which only God can do. A man's height is sovereignly determined by God. Genetics cannot be altered by worrying.

Worry cannot change that which only God can do.

Don't worry about what you can't change. If God could make the whole world and everything on it in 6 days, He can handle my life.

All worry does is <u>harm</u> us!

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" (cited by MacArthur, p. 423).

IV. Worry fails to believe that God is in control of things (v. 28-30)

V. 28

"Why take ye thought for raiment?" - Why do you worry about clothing?

EX: People who worry about the style and quality of clothing (they are overly concerned about the name brand of their clothes).

EX: People who worry about the "image" they portray by their clothing (Their "Bible" is "GQ" magazine or "Mademoiselle" - their "church" is the mall, etc.)

Don't worry about the fads
Don't worry about the trends
Don't worry about what your friends are wearing

The lily does not work nor spin yarn to dress and adorn itself. God does this for the lily.

NOTE: It is God who truly makes a woman beautiful. True beauty is not measured by the clothes you wear, ladies, but by the sweetness of your heart (I Pet. 3:3-4 - *"Whose adorning let it not be that outward adorning of plaiting the hair, and of wearing of gold, or of putting on of apparel; But let it be the hidden man of the heart, in that which is not corruptible, even the ornament of a meek and quiet spirit, which is in the sight of God of great price.")*

"They toil not" - "toil" means to labor with wearisome effort. To work to the point of becoming weary. To strain all of our powers so as to sweat and become fatigued. In the rat race of society, so many weary themselves with more than one job, work overtime every time; run, run, run; seek to out-do the competitor. . . all so as to live on a higher standard of living. And they never enjoy life, never enjoy the fruits of their labor, never see their family, and never serve their Lord.

Solomon (one of the riches kings to ever live), when at his height of glory, when he had the best of clothing, was not dressed with the beauty of one of the lilies.

"To morrow is cast into the oven" - Could refer to 2 ideas:

1) The Sirroco winds (which bring in the heat from the Arabian desert and instantly turns Israel into a dry, dusty land. This transition occurs around May.

2) The coming purging of the earth (II Pet. 3:7, 10, 12)

Just as God feeds the birds (v. 26), and just as God clothes the grass and adorns it with flowers (v. 30), so He will (much more) see to it that His children have adequate food & clothing.

"O ye of little faith" - Worry is always the result of unbelief or little faith.

Those who worry much, believe little. Those who worry little, believe much!

Examples of worry being caused by little faith:

1) The tempest at sea (Mt. 8:23-27; *v. 26)

2) Peter walking on water (Mt. 14:27-32; *v. 31)

3) The disciples who worried about a lack of bread (Mt. 16:8), even after Jesus miraculously provided it on two previous occasions.

ILLUS: One day when he was away from home someone came running up to John Wesley 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." (MacArthur, p. 420)

V. Worry is characteristic of the unsaved, not the child of God (v. 31-32a)

***"Gentiles"* =** pagans

The unsaved, lost world frets and worries about such things because they do not know the God who is faithful to provide.

VI. Worry forgets that God remembers (v. 32b-33)

This is a conditional promise.

"Seek ye first" -

"Seek" -to zealously look after or earnestly live for (in contrast to what the Gentiles "seek" [v. 32], we are to seek something else).

"First" - a word showing priority. Ahead of seeking for what to eat, drink, or wear (v. 31), we are to prioritize God's kingdom. We are to view the eternal as more important than the temporal (v. 19-20), the priorities of God over the priorities of the Gentiles (i.e. the world).

"The kingdom of God" = seek to live for those things which will advance or benefit the cause of Christ

We advance God's kingdom by 3 ways:

1) Concern yourself with witnessing to the lost (I Cor. 15:3; Jn. 1:41)

2) Concern yourself with assembling with God's people (I Cor. 16:1-2; Heb. 10:24-25)

3) Concern yourself with giving to God's work (Prov. 3:9)

   When your own financial interests come ahead of God and the needs of His work, the result is frustration and loss (Haggai 1:2-9)

"And His righteousness" - Seek to live up to true, Biblilcal righteousness; seek to be right as God counts rightness, not as the world does.

You can seek His righteousness by:

1) Concerning yourself with knowing His standards of righteousness / Make Bible reading your priority (Job 23:12; Ps. 119:72, 97; Mt. 4:4)

   "A Bible which is falling apart usually belongs to someone who isn't" (C. H. Spurgeon)

2) Concerning yourself with obeying His standards of righteousness / Internal purity (being clean on the inside) must come first in our lives (Mt. 23:26 - *"Thou blind Pharisee, cleanse first that which is within the cub and platter, that the outside of them may be clean also."*)

The cause of worry is seeking the things of this world. The cure for worry is to seek the things of God!

One who is pre-occupied with God's interests will have his physical needs met.

If you take care of God's business, He will take care of yours!

Live for that which you can take into heaven with you. John 6:27 - *"Labour not for the meat which perisheth, but for that meat which endureth unto everlasting life, which the Son of man shall give unto you: for him hath God the Father sealed."*

"All these things (food, water, and clothing) will be added unto you" -

Note: This promise does not apply to everyone! If it did, no one would ever die of starvation. Rather, this promise is for God's children, for those who have God as their "Father: (v. 26) through faith in Christ.

God feeds His kids - Ps. 37:25 - *"I have been young, and now am old; yet have I not seek the righteous forsaken, nor his seed begging bread."*

VII. Worry about tomorrow's troubles leads to failure in solving today's (v. 34)

"Each day has enough trouble of its own"

Too many times people live in the past, worry about the future, and neglect the present!

Most of what people worry about never materializes. Worry is Satan's way of enslaving us, of taking our eyes off of the provider and focusing ont he provision; it is His way of manipulating people through fear. But *"God has not given us the Spirit of fear, but of power and of love and of a sound mind"* (II Tim. 1:7).

Our minds and bodies were not made to handle worry. We're supposed to channel it right to our Heavenly Father (*"Casting all your care upon Him, for He careth for you"*) Cp. Phil. 4:6-7

CONCLUSION:

3 key words to overcome worry:

1. Faith (v. 30)

2. Father (v. 32)

3. First (v. 33)

Worry is a smack against God's love and faithfulness! When we worry, we are showing how small, impotent, disinterested we think God is!

Hymns -

1) "Great is Thy Faithfulness"

2) "Standing on the Promises"

3) "How Can I Fear"

4) "Standing On the Promises"