



THE WORD *Alive*

The Preaching Ministry of
Ashley River Baptist Church

GOD'S SOLUTION FOR WORRY

Matthew 6:25-34

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

I. THE PROBLEM: WORRY

to care for - be overly concerned - anxious - be cumbered or troubled with many cares
disturbed - annoyed in spirit - scan minutely

Why do we worry?

1. Life is hard.
2. The future is uncertain.
3. We're not in control.
4. We're not fully trusting God.

II. THE SOLUTION: DO NOT WORRY

"Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear." Matthew 6:25

"So do not worry, saying, 'What shall we eat?' or 'What shall we wear?'"
Matthew 6:31

"Therefore do not worry about tomorrow. . . "Matthew 6:34

1. RECOGNIZE THAT WORRY ACCOMPLISHES NOTHING.

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

"An anxious heart weighs a man down" Proverbs 12:25

2. UNDERSTAND GOD'S CARE FOR YOU.

"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?"
Matthew 6:26

"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?" Matthew 6:26, 28-30

3. PUT FIRST THINGS FIRST.

"Is not life more important than food, and the body more important than clothes?"
Matthew 6:25

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

"When people work, their wages are not a gift. Workers earn what they receive. But people are declared righteous because of their faith, not because of their work."
Romans 4:4-5

4. TRANSFER TRUST TO GOD.

"... O you of little faith?" Matthew 6:30

"For the pagans run after all these things, and your heavenly Father knows that you need them." Matthew 6:32

"Trust in the LORD with all your heart; do not depend on your own understanding. Seek his will in all you do, and he will direct your paths." Proverbs 3:5-6

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

CHALLENGE: Ultimately, we all seek peace within our mind and soul which is the very opposite of anxiety and worry. That peace can and will come regardless of circumstances as we recognize who we are, acknowledge God for Who He is, and DAILY place our trust in Him.

"The thief's purpose is to steal and kill and destroy. My purpose is to give life in all its fullness." John 10:10