Do Not Worry!
Message 16 in “Living The Salt Life” Sermon Series
(A Study of Jesus’ Sermon On The Mount)
Matthew 6:25-34 (NKJV)

As we continue with our series of messages from Jesus’ Sermon
On The Mount, I would ask you to please open your Bibles to
the Gospel of Matthew, chapter seven.

Matthew 6:25-34 (NKJV)

25 “Therefore I say to you, do not worry about your life, what you will
eat or what you will drink; nor about your body, what you will
put on. Is not life more than food and the body more than
clothing?

26 Look at the birds of the air, for they neither sow nor reap nor
gather into barns; yet your heavenly Father feeds them. Are you
not of more value than they?

27 Which of you by worrying can add one cubit to his stature?

28 “So why do you worry about clothing? Consider the lilies of the
field, how they grow: they neither toil nor spin;

29 and yet I say to you that even Solomon in all his glory was not
arrayed like one of these.

30 Now if God so clothes the grass of the field, which today is, and
tomorrow is thrown into the oven, will He not much more clothe
you, O you of little faith?

31 “Therefore do not worry, saying, ‘What shall we eat?’ or ‘What
shall we drink?’ or ‘What shall we wear?’

32 For after all these things the Gentiles seek. For your heavenly
Father knows that you need all these things.
33 But seek first the kingdom of God and His righteousness, and all these things shall be added to you.

34 Therefore do not worry about tomorrow, for tomorrow will worry about its own things. Sufficient for the day is its own trouble.

**PRAYER**

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**INTRODUCTION**

What’s worrying you this morning?

Chances are some of you have come here today with something weighing heavily upon your mind and heart. **If NOT you**, then perhaps it’s the person seated beside you.

- Perhaps something is going on with your health or with the health of a loved one.

- Or maybe there’s something going on with your job.

- Or perhaps there’s something going on in personal relationship or there’s a serious problem at home.

**WORRY** is such a major problem in this country that one out of every five Americans takes prescription anti-anxiety medication just to cope with the stresses of life.

**What Is “WORRY”**

The word “worry” literally means “to STRANGLE” or “to CHOKE.”

Isn’t that exactly what “worry” does to us? It strangles or chokes the life out of us!” Worry “strangles” our JOY, our PEACE, our HAPPINESS, our ENTHUSIASM and our PASSION for living!
Many of us joke about worrying as though it were just a bad habit or a personality quirk. But as you will see in today’s message, **WORRY IS NO LAUGHING MATTER TO JESUS.** The fact that He devotes such a large portion of His “Sermon On The Mount” to this subject of “worry” tells us just how serious it is.

Having said that, let’s go back to our scripture text and see what Jesus teaches us about this awful “strangling” nemesis called **WORRY!**

First, let’s consider...........

I. **The COMMAND Regarding WORRY** (vs. 25a, 31a, 34a)

1. I want to draw your attention to that word “**therefore**” in verse 25, **“THEREFORE, I say to you........”**

   “**Therefore**” is an adverb linking the **previous thought** with the **current thought**.

   Just prior to this section on “worrying” Jesus has been talking about **worldliness** and **materialism**. So when Jesus says, **“Therefore I say to you”** He is making a direct link or connection between **worldliness and worry. WORRY is an activity of the WORLDLY-MINDED.**

1. Three times in these ten verses, Jesus issues the same command regarding worry.

   v.25a  “Therefore I say to you, **DO NOT WORRY ABOUT YOUR LIFE.**”

   v.31a  **“THEREFORE DO NOT WORRY.”**

   v.34a  **“THEREFORE DO NOT WORRY ABOUT TOMORROW.”**
2. Jesus isn’t “SUGGESTING” that we not worry.” He’s not “RECOMMENDING” that we not worry”……He is COMMANDING us NOT to worry!

3. Now what does that tell us? It tells us WORRY is a CHOICE! It tells us that WORRY is something we do have CONTROL over! It tells us we can’t EXCUSE our worrying as a weakness or a flaw. It tells us worry is a matter of our human WILL.

4. Now the question that always comes up with regards to this matter of “worrying” is whether or not there is a difference between WORRY and BEING CONCERNED?

“Yes” there is. Let me explain………

ILLUSTRATION Let’s say your kids are playing in the yard near the busy road in front of your house. You can “worry” about your children’s safety or you can “be concerned” about their safety. Here’s the difference:

When you WORRY your mind races with endless thoughts about all the terrible things that could happen to one of your kids. “What if they get hit by a car?” “What if they chase a ball out into the road?” “What if someone swerves off the road and hits one of my kids?” “What if someone stops and abducts one of my kids?” And you are so overcome with all these “doomsday” thoughts you have to take a pill and go lie down. THAT’S WORRY!

But let’s say you look out the window and see your kids playing too close to the road. And you know all the dangerous things that could happen. So you step outside and holler for your kids to play in the backyard where you can keep an eye on them. THAT’S CONCERN! WORRY and CONCERN both see the potential dangers. CONCERN takes action to reduce the risk or improve the situation, while WORRY does nothing but worry!
5. In order for us to deal properly with WORRY in our lives we must take Jesus’ command NOT TO WORRY very, very seriously!

Secondly, let’s consider............

II. The CLEAR TRUTHS About WORRY

1. Throughout this discourse, Jesus gives us three truths regarding the nature of worry.

TRUTH #1: Worry is a FOOLISH activity. (vs. 25-26; and 28-30)

25 “Therefore I say to you, do not worry about your life, what you will eat or what you will drink; nor about your body, what you will put on. Is not life more than food and the body more than clothing?

26 Look at the birds of the air, for they neither sow nor reap nor gather into barns; yet your heavenly Father feeds them. Are you not of more value than they?

(Now skip down to VERSES 28-30)

28 “So why do you worry about clothing? Consider the lilies of the field, how they grow: they neither toil nor spin;

29 and yet I say to you that even Solomon in all his glory was not arrayed like one of these.

30 Now if God so clothes the grass of the field, which today is, and tomorrow is thrown into the oven, will He not much more clothe you, O you of little faith?

What a beautiful portrait Jesus paints in these verses of our heavenly Father. He shows us just how much love and concern God has for all the things He has created, both animate and inanimate. The “animate” being “the birds of the air”; and the inanimate being “the flowers of the field.”
Imagine our loving, caring heavenly Father with a tender smile on His face as He scatters an assortment of seeds and grains all across the world each day as He invites the beautiful birds to come and eat.

Here’s the point Jesus is making. Birds don’t worry themselves sick every day wondering where they are going to find food. Birds instinctively trust in their Creator to provide their every need.

And look how God has lavished the flowers of the field with beauty and majesty. Those flowers don’t spend one second of one day worrying about where they are going to find petals to wear. In their own “inanimate” sort of way they trust that God to clothe them. And clothe them He does in royal and majestic colors of YELLOW...PURPLE......VIOLET......PINK......BLUE and LAVENDER and a host of other brilliant colors! And our heavenly Father does this knowing that those flowers may be here today and gone tomorrow.

Do you see the point Jesus is driving at? If our heavenly Father loves and cares for the birds of the air and the flowers of the field, isn’t it absolutely foolish for you and me to worry for one solitary minute that God won’t provide all our physical needs?

If you are worried sick over some situation right now, Jesus invites you to sit a lawn chair out in your yard and watch the birds for awhile. Or take a short drive through the countryside and behold the beauty of the flowers. And remind yourself, if my heavenly Father takes care of those birds and flowers, my heavenly Father is going to take care of me!

YES, WORRY IS A FOOLISH ACTIVITY!
TRUTH #2: Worry is a FRUITLESS activity. (v. 27)

27 Which of you by worrying can add one cubit to his stature?

Worry is one of the biggest time WASTING activities we can engage in. And to show us just how “fruitless” worry is, Jesus uses an absurd illustration. Out of all the important things we could possibly concern ourselves with in this world growing taller would have to rank at the very bottom of the list.

In essence what Jesus is saying is this: If you haven’t got anything better to do with your life than sit around worrying about how short you are, consider this: “You can worry all you want and you won’t grow one inch taller.”

Nobody ever got taller by worrying about how tall they were. In fact, chronic worriers tend to grow shorter because they walk around with their shoulders slumped down as though they have the weight of the world on their shoulders.

And nobody ever added one hour to his life by worrying about how long he or she was going to live. In fact, chronic worriers often shorten their lives because of the tremendous stress that worry puts on their vital organs.

Just to show you how “fruitless” of an activity worry is consider this……….

An average person’s worry is focused on…

40% of things that will never happen.
30% on things of the past that can’t be changed.
12% on the imagined criticisms of others, which aren’t true.
10% on health issues (which actually are worsened by the stress of worry)
8% on real life problems that will be faced.

That means 92% of the things we worry about either never happen or they are completely out of our control and we couldn’t do anything about it even if we wanted to.

Worry is one of the most “fruitless”…….”time wasting”….. “joy-stealing” activities any of us could possibly engage in!
WORRY IS A FOOLISH activity!
WORRY IS A FRUITLESS activity

And the third truth is............

TRUTH #3: Worry Is a FAITHLESS activity. (vs. 31-32)

31 “Therefore do not worry, saying, ‘What shall we eat?’ or ‘What shall we drink?’ or ‘What shall we wear?’

32 For after all these things the Gentiles seek. For your heavenly Father knows that you need all these things.

Jesus is teaching us that worrying over the temporary, material necessities of life is unbecoming of a child of God. The reason the world worries about material things is because the world is in love with material things.

Since unbelievers are without God in their life and without any hope of eternal life, it is natural that they should spend their time worrying about material things, because that is the only “security” they can find. The heathens don’t know the loving, caring heavenly Father. The heathens don’t know the wonderful promises of God to provide all of our needs through His glorious riches in Christ Jesus. The heathens are gripped with worry because they face an uncertain tomorrow.

Now stop and think about this for a moment. If I, as a Christian, spend a lot of time worrying over material things like the unbelievers do............and I spend a lot of time worrying about tomorrow like the unbelievers do.........and I spend a lot of time worrying about the situations that are going on in my life like the unbelievers do...........THEN WHAT’S THE DIFFERENCE BETWEEN AN UNBELIEVER AND ME?

Christian author, June Hunt writes: “Worry shifts the focus of our attention away from the all-sufficient power of Christ to my human insufficiency and insecurity. Ultimately, worry can undermine my Christian witness by presenting God as impotent and unworthy of praise.

Jesus has given us three very clear truths about WORRY: When I worry I am engaging in THE MOST FOOLISH......THE MOST FRUITLESS......and THE MOST FAITHLESS activity known to man!
Well we have considered **THE COMMAND REGARDING WORRY** and **THE CLEAR TRUTHS ABOUT WORRY**.

Thirdly, let’s consider…….

**III. The CURE For WORRY (vs. 33,34)**

33 But seek first the kingdom of God and His righteousness, and all these things shall be added to you.

34 Therefore do not worry about tomorrow, for tomorrow will worry about its own things. Sufficient for the day is its own trouble.

1. Everybody is “seeking” something in this life. Some are seeking money.........some are seeking material things.....some are seeking fame.......some are seeking power.

What are you truly seeking in this life? Look at your **checkbook** and your **calendar** and you will find your answer.

2. Jesus is telling us that the “cure for worry” is to “seek first the Kingdom of God and His righteousness.”

The late missionary, Hudson Taylor, gave this excellent advice. “*Let us give up our work, our plans, ourselves, our lives, our loved ones, our all into God’s hand; and then when we have given our all to God, there will be nothing left to worry about.*”

The late Corrie Ten Boom offered this great prescription for worry:

*Look around and be distressed.*

*Look inside and be depressed.*

*Look at Jesus and be at rest.*

Henry Ford used to say, “I believe God is managing my affairs and He doesn’t need any advice from me. I believe everything will work out best in the end, so what is there to worry about?”

When we put GOD first, everything else falls into place!
3. And Jesus puts a punctuation point on this issue of worry when He says in verse 34, “Therefore, do not worry about tomorrow, for tomorrow will worry about its own things. Sufficient for the day is its own trouble.

Worrying about tomorrow does not help us tomorrow or today. Instead it robs us of our effectiveness today. It empties today of its strength. It steals today’s joy.

Warren Wierbe said, “To worry about tomorrow and today is like crucifying oneself between two thieves, the regrets of yesterday and the worries of tomorrow.”

CONCLUSION

In a survey of over 1,200 elderly people over the age of seventy five, they were asked what they would recommend to younger people looking for ways to make the most out of their lives. Most of the 1,200 focused on one single action: Stop worrying!

As they reflected on their own lives, many said things like, “I would have spent less time worrying” or “I regret I wasted so much time worrying about things.” Most all of the 1,200 elderly people said if they were given “a do-over” they would like to have all the time back that they spent worrying over things that never happened.

At the outset of today’s message I asked you, “What’s worrying you this morning?” By now I hope you realize that “worrying” about it is the most foolish.....most fruitless.....and most faithless thing you can do about your situation.

Christ’s message to all of us today is this...........

Do not worry about your life, but seek first the kingdom of God and His righteousness, and let God take care of everything else!