

“Do Not Worry!”
Matthew 6:25-34

Jesus’ perfect counsel to His worrying disciples

1. Learn to Rest in God’s Great Love for You!

vv. 25-30

(1) The Leading Command: *“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.”*
-“To worry” “to be anxious”
“to draw in different directions,” “to distract”

- Worries concerning our life, our existence; those necessary things which pertain to our body

(2) The Arguments:

-1- There is much more to life than its physical necessities! 25

“Is not life more than food and the body more than clothing?”

- There is much more to my life, than my mere physical sustenance!
- There is much more to my life, since I am a child of God! (cf. “Therefore...”)

-2- Our Father cares for the lower creation. Will He not care for us?!

- He will surely feed us! Consider the birds of the air! 26

- He will surely clothe us! Consider the lilies of the field 28-30

We are those loved of the Father! His redeemed ones!

-3- We can’t accomplish anything by worrying! *“Which of you by worrying
can add one cubit to his stature?”*

2. Learn to Focus on the Priorities of the Kingdom!

vv. 31-34

(1) The Command Repeated

*“Therefore do not worry, saying ‘What shall we eat?’
or ‘What shall we drink?’ or ‘What shall we wear?’
For after all these things the Gentiles seek.
For your heavenly Father knows
that you need all these things.”*

(2) The Arguments:

-1- Live consistent with your great privilege as a child of God! 32

- Don’t live like those who do not know God! Like those outside of His favor!
- Your heavenly Father loves you and knows all of your needs!

-2- Live according to the priority of a child of God! 33

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

-3- Live according to the present duty of a child of God! 34

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

Further Application