

Why We Worry: A Bird's Eye View

Matthew 6:25-34

1. Worry doesn't work

- **Worry Is unreasonable**
Matthew 6:25 “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?”
- **Worry Is unnatural**
Matthew 6:26 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?
Matthew 6:28-29 “So why do you worry about clothing? Consider the lilies of the field, how they grow: they neither toil nor spin; ²⁹and yet I say to you that even Solomon in all his glory was not arrayed like one of these.”
- **Worry Is unhelpful**
Matthew 6:27 Which of you by worrying can add one cubit to his stature?
Matthew 6:27 (NIV) Who of you by worrying can add a single hour to his life?
- **Worry Is unnecessary**
Matthew 6:30 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?
- **Worry Is unchristian**
Matthew 6:31-32a “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.

2. Turn your worry into worship

- **Give God credit: He knows what we need**
Matthew 6:32b For your heavenly Father knows that you need all these things.
- **Give God control: He must have first place**
Matthew 6:33 But seek first the kingdom of God and His righteousness, and all these things shall be added to you.
Matthew 6:10-11 Your kingdom come. Your will be done on earth as *it is* in heaven. ¹¹Give us this day our daily bread.
- **Give God your concerns: He has the future in his hands**
Matthew 6:34 Therefore do not worry about tomorrow, for tomorrow will worry about its own things. Sufficient for the day *is* its own trouble.
Philippians 4:6-8 Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; ⁷ and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus.
Romans 8:31-32 What then shall we say to these things? If God *is* for us, who *can be* against us? ³²He who did not spare His own Son, but delivered Him up for us all, how shall He not with Him also freely give us all things?

Is Jesus in first place?

Does Jesus have any place?