

Why Are You Worried?

Matthew 6:24-34; Coast Community Church; Pastor Earl Miles; 9-3-2023

There is scarcely any one sin against which our Lord Jesus more largely and earnestly warns his disciples, than the sin of disquieting, distracting, distrustful cares about the things of this life. – Matthew Henry

1. Worry is a ‘God thing’ that reveals who we are serving. (Matthew 6:24)

You cannot depend on God and depend on what God gives, at the same time and in the same way. Worry indicates that we are worshiping something or someone other than God. (Matthew 13:22)

2. Worry exposes a wrong dependence and shows us who or what we really think is the source of our life. (Matthew 6:25)

To be ‘anxious’ is wanting a certain future for yourself or someone else. Righteous concern: wanting a certain future for another in submission to God’s will. Sinful concern: wanting a certain future for another not in submission to God’s will. Anxiety/worry is the inner turmoil of distracting thoughts and feelings that result from an unbelieving heart divided between God’s will and our will because of a desire to control the future in light of what we fear may or may not happen. Question: What is it that really sustains you? (Deuteronomy 8:3) So, we should not store up (hoard) possessions. (Matthew 6:19-21)

3. Worry resists living day to day and tries to secure tomorrow. (Matthew 6:26)

Question: If God does this lesser thing gladly, will He not do the greater thing gladly? If God loves the birds in this way, wouldn’t He love those made in His image and redeemed by His Son even more? So, worry resists living day to day but desires to have greater assurance than God’s daily provision. (Matthew 6:11; Exodus 16:13-20)

4. Worry imagines productivity when it actually does harm. (Matthew 6:27)

Question: Can you lengthen your life by worry? Worry doesn’t produce anything good, it only robs us of what is good; only God ‘adds to’ our lives! So, worry is the illusion that I can produce what I need if I just try hard enough or figure it all out or focus on it enough. (Matthew 6:22-23)

5. Worry rejects disability and wants to do what it can’t do. (Matthew 6:28-29)

Question: Why are you worried? We think our lives are dependent on what we can do. So, worry rejects the idea that I am not able to (ultimately) provide for myself and my family (apart from God) instead of trusting God and His good providence. (Philippians 4:6)

6. Worry exposes unbelief which is simply believing lies. (Matthew 6:30)

Question: If God loves something so small and temporary like flowers and grass (hay), then shouldn't we expect Him to love so much more those who are everlasting? The root of worry is 'little faith' or unbelief in the truth and promises and commands of God; in other words, His Word. So, worry is the fruit of a heart that believes the wrong things (lies) about God and man and life. (Matthew 8:26; 14:31; 16:5-12)

7. Worry confuses what you need with what you want: "My will be done!"

Our Father knows what we need before we do and is at work to provide even before we ask Him! So, worry wants our will to be done instead of God's will. (Matthew 6:9-10)

8. Worry is fought with right priorities and pursuits: our happiness and holiness in God through Christ. (Matthew 6:33)

God promises to faithfully – in His quantity and timing and way – meet our needs as it will further our happiness in God and our holiness in likeness to Christ. God is the 'adder' or 'provider' not us! We are not to be irresponsible or too responsible, but properly responsible as we depend on God for what we need. (Matthew 7:7-11; James 4:2-3; 2 Thessalonians 3:10-12)

9. Worry brings tomorrow into today and robs today of its joy. (Matthew 6:34)

Only 'Tomorrow' can be properly concerned about itself since we don't know all that tomorrow will hold and therefore, don't know how to fully prepare for tomorrow other than to live to please God today. So, worry brings the troubles of tomorrow into today and we can't handle it because God only gives grace for today! We are to honor the God of our tomorrows through prayer. (Philippians 4:4-6; Matthew 6:9-13; Matthew 7:7-11)

10. Worry is fatherless because it does not rest in the love of the Father. (Matthew 6:9, 26, 32; 7:7-11)

If you are looking to Jesus as your Lord and Savior, then you can and should look to God as your heavenly Father and trust Him to provide for you daily for His glory and your good.

Summary

- We need to fight the unbelief (lies) and idolatry (lusts) that feed worry (lawlessness).
- We need to see the providence of God in His care for His world.
- We need to think deeply about the truth revealed in His Word.
- We need to trust the promises God has made to His children.
- We need to ask God for what we need.
- We need to talk to ourselves with the truth and not listen to our worries.
- We need to do what we can and should to be responsible.
- We need to focus our lives on God and doing His will.
- We need to remember that we are beloved children of a wise and loving and all-powerful Father.
- We need to take one day at a time and trust and love and do the next thing.