



## Worrying

October 22, 2018

**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.

A man once said he had so much to worry about that he would pay anyone **\$100,000** to worry for him. Well someone applied and got the **JOB!** When the new employee inquired about his **\$100,000**, he was told that it was the first thing he needed to worry about. Someone has said that people live their lives “crucified between two thieves—the regrets of yesterday and the anxieties of tomorrow.”

The word **worry** means ‘to be torn in two.’ And that is exactly what anxiety does—it tears us apart. Our bodies might obediently go in one direction, but our minds are somewhere else. The result is that we live with tension; we cannot sleep and we cannot enjoy the present moment. Worry causes us to work against ourselves and hinders our fellowship with God. We might think that that Jesus is only trying to help us to alleviate our anxieties but He is actually commanding us not to worry because it is really a lack of trust or faith in God. If Jesus tells us to not be anxious, He has good reason for it because He is saying that our Father knows our needs so we just need to “seek first the kingdom of God and his righteousness, and all these things will be added to you” (**Matthew 6:33**).

Jesus draws a lesson from God's care for birds and flowers (**Matthew 6:26, 30**). Some other Jewish teachers also recognized that God provides for creatures and that people are worth much more than birds. Jesus, who regards God's original creation purpose as still valid (**Matthew 19:4-6**), believes that the God who cares for unemployed animals will care still more for his children, regardless of their economic situation.

*Jesus again shames his hearers by reminding them that even Gentiles seek material things.* Pagans seek their own needs (**Matthew 6:31-32**); God's children should seek instead God's agendas, assured that God will also care for them in the process (**6:33**). Even in Jesus' model prayer, disciples seek God's kingdom first (**vv. 9-10**). Faith is not an intricate ritual to get what we want for ourselves; faith is obeying God's will with the assurance that he will ultimately fulfill for us what is in our best interests. That kind of faith grows only in the context of an intimate relationship of love between the heavenly Father and his children.

So what is the key to overcoming worry and anxiety? **Philippians 4:6-7**. This makes the Lord the total focus.

**SCRIPTURE READING:** PSALM 94:19

**THOUGHT FOR THE WEEK:** Hope is confident expectation that God is going to do what He says He will do. Never give up. He's got it.