

JESUS SAID, “DO NOT WORRY!”

(PART 2 of 2)
March 14, 2022

Referring back to last week's question, “Who is He to tell me to stop worrying? He is Jesus Christ. The way, the truth and the life. He is perfect in all existence. There is no darkness in Him. Therefore, He cannot lie. He is the Messiah and the incarnation of God. And He needs not to tell us gain, but because of His love, He does.....

MATTHEW 6:25 - Jesus says God gave us our human life and our bodies without us even asking. Human life and our physical bodies are incredibly valuable. Our life is much more valuable than the food we put on the table; our body far more valuable than the shirt we put on. If God gave us life, which is so very valuable, will he not give us food, which is of far lesser value? If God gave us these bodies which are fearfully and wonderfully made, will he not give us clothes to cover them? And even further, if God has given us eternal life, will he not provide for our temporal life?

MATTHEW 6:26 - Jesus reminds us that God faithfully provides for dumb animals. Birds don't sow or reap or store their food in barns—and they don't fret about whether they'll have enough for tomorrow or to get through the winter. Yet God feeds them. And Jesus tells us that humans, the crown of God's creation, the only creatures made in God's image, are of much more value than birds. If God provides for birds, then surely he'll provide for those he made in his own image. Furthermore, will not God especially provide for those he bought with the blood of his Son?

MATTHEW 6:27 - Worry does absolutely no good. It won't bring in money, food, or clothing. Worry only has negative results: it chokes the word of God and distracts us from God. It is unbelief, the opposite of faith. And it leads to more fear and anxiety. And the different scenarios we play out in our minds can't prevent a single thing from happening. And besides that, most of the things we spend so much time fretting about won't happen anyway.

Therefore, **HEBREWS 13:6** reminds us that if the Creator of the universe, the one true God, says He will care for us and work out all things for the good of those who love Him, then what possible reason would we have to fear circumstances on earth? Worrying is a sin because it is doubt in the power and goodness of God. Some people don't like to call worrying a sin – they are just “concerned” about something. How do you distinguish concern from worry? Legitimate concern is when you are in control of your thoughts and feelings and illegitimate worry is when the matter controls your thoughts, actions and emotions.

The reason we worry is that we are focusing on the wrong authority. If our Father feeds birds that have no soul, how much more will He take care of us since we are worth even more to Him? Remember His promise that He will never leave you nor forsake you as the first remedy to worry.

SCRIPTURE READING: PSALM 121:1-2

THOUGHT FOR THE WEEK: *Worry is the sin of distrusting the promise and providence of God, and yet it is a sin that Christians commit perhaps more frequently than any other.*

“A JOURNEY OF THE HEART”