
Stop Worrying # 1

Matthew 6:25-34

Worry and anxiety in the believer's life is symptomatic of a deep spiritual sickness and disorder. It is the direct result of having one's treasure in the wrong place; of having one's spiritual focus clouded; and of trying to serve two masters at the same time (Matt. 6:19-24). Worry is an indicator of a completely wrong view upon life. It is a relentless preoccupation of self rather than God.

Jesus forbids worry (Matt. 6:25,31,34) because worry is basically sinful. It is the product of unbelief; it can be traced to a lack of submission to His Lordship and worldliness. God forbids us to worry for the several reasons:

1. *Worry is* _____

Worry deceives us with a false view of life (v.25). It deceives us into thinking that life's reality is built upon the material things of life. Life is not made up of these external temporary, earthly physical things (Mark 8:36). God created us to glorify Him and enjoy Him forever. Food, drink and clothing are God's gifts which are meant to serve us. But when we worry about them, they have become our master.

2. *Worry is* _____

Worry doubts God. It fails to understand God's divine provision (v.26). Jesus used the birds as His illustration since birds are totally dependent on God. And because it seems that they know that God provides for them; they do not worry (Job 38:41; Psalm 147:9; 104: 25-27; 145:15). If these ordinary, seemingly insignificant creatures aren't created in the image of God; if Jesus did not die for them; if these are not joint-heirs with Jesus Christ and if these don't inherit eternal life, yet God sees to it that they have food, will not God much more see to it that we are provided for (Psalm 37:25: cf. Psalm 34:10); because He cares for us? (1 Peter 5:7).

3. *Worry is* _____

Worry drains us. Worry never gets anyone anywhere (v. 27). Worry cannot add 18 inches to our height. Jesus' point is: No one has the power to prolong life except God (Job 14:5; Psalm 139:16; Job 7:1). Therefore we shouldn't worry with things we know we have no control of.

Reflect on this:

Instead of suffering from anxiety attack, learn to attack anxiety by appropriating God's promises and applying God's principles. Take confidence in God's providence, and don't allow your circumstances to trouble you. Be obedient to God's word and confident in His power to meet all your needs. Stop worrying!