

Stop Worrying # 2

Matthew 6:25-34

We live in a world-full of worries. Worry and anxiety are symptoms of deep spiritual sickness and sin that could be traced from a wrong view of God and a misplaced priority of the heart (Matt. 6:21). Worry flows out of having our treasure in the wrong place, of having our 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 which can be traced to a lack of submission to His Lordship and worldliness. From these verses, we see six reasons why Jesus forbids us not to worry:

4. ***Worry is*** _____
Worry dishonors God. Jesus points to God's care over nature and says that He is mindful of the wild flowers of the fields and clothes them with greater splendor than Solomon (v. 28). Solomon is the best dressed man in the history of Israel (1 Kings 10; 2 Chro. 9), yet he can't compare to the beauty of the wild flowers that do not last long. The Lord's point is this: Grass and flowers are passing, but people are permanent. Anxiety is a lack of faith (Matthew 6:30, 8:26; 14:31; 16:8).

 5. ***Worry is*** _____
Worry deforms us because it is characteristic of pagans, not of Christians. Non-Christians run after the things of the world. Since they have no personal relationship with God; their thoughts and affections are limited to worldly things (1 Cor. 2:14).

 6. ***Worry is*** _____
Worry deprives us of the truth that we have a Heavenly Father who knows all our needs (v. 32, cf. Matt. 6:8). Worry seeks to cloud the reality of our identity as children of God. We are part of God's family and all that we need is available to us from God, our heavenly Father. And we can readily avail of God's riches by seeking Him (His kingdom and righteousness) first (v. 33). When we set our minds on the things that are above (Col. 3:1-2), our worries become insignificant. It's impractical to worry about things we have no control of and of things that has not yet happened. Worry robs us of the power and resources that God provides for today.
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Worry is a sin because it refuses to know God; it refuses to trust God; it refuses to love God. Instead of worrying, Jesus says, seek first His kingdom and live in His righteousness. Focus your life in serving the cause of His kingdom. And God will not only provide the things that you need, He will make your life worry-free.

Personal Reflection

1. What do I worry about most? Why?
2. What does constant worry reveal about my faith?
3. How can the pursuit of righteous life free me from worry?
4. What could I do to keep from worrying about tomorrow? Will I do it?