

## **WHAT JESUS SAYS ABOUT YOUR WORRY**

*(Matthew 6:25-24)*

Worry is a distortion of concern. Worry is an excessive preoccupation with things or circumstances that are unknown, uncertain and beyond our control. The original word for worry means to divide, to distract, to strangle and to tear apart. That's exactly what worry does. It divides our mind, distracts our focus, strangles our faith and tears our life apart. In His Sermon on the Mount, our Lord Jesus addresses the problem of worry and offers key instructions on how to deal with our worry.

**1. We must recognize that \_\_\_\_\_.**

Worry, according to our Lord Jesus, is a sin that you and I must repent of. Worry is sinful because (a) it violates the command of our Lord (Matt. 6:25,31,34); (b) it corrupts our view of life (Matt. 6:25; Luke 12:15; Acts 17:28); (c) it undervalues God's concern for us (Matt. 6:26; Gen. 2:26-27; Psalm 8:5); (d) it leads to a foolish stewardship of life (Matt. 6:27); and (e) it reflects a lack of faith in God (Matt. 6:28-30).

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**2. We must heed \_\_\_\_\_ about overcoming worry.**

Our Lord Jesus offers three divine counsel about how we could overcome worry. First, we must rely on God's Fatherly care (Matt. 6:31-32). When we worry and fret about our perceived needs, we forget that we have a heavenly Father who knows exactly what we need and who is always willing to supply those needs (Matt. 6:8; 1 Pet. 5:7). Our heavenly Father who gave us the most needful and most precious gift of His Son will never fail to care for us and to provide us everything else that we need (Eph. 1:3-14; Rom. 8:32).

Second, we must realign our life's priorities with the kingdom of God and His righteousness (Matt. 6:33). We must constantly make it our life's priority to seek first the Lord and His rule and will for our lives. We must also live and grow in righteousness and godliness. We must commit ourselves to advance the kingdom of God in all dimensions of our lives.

Finally, we must resolve to entrust our future to God (Matt. 6:34). God gives us grace for today not to handle tomorrow's problems but to face today's concerns. Every time you wake up each morning, make this the melody of your heart: "*This is the day that the Lord has made, I will rejoice and be glad in it!*" (Ps.118:24). Since our Lord Jesus is the same yesterday, today and forever, we can always trust our tomorrows into His sovereign and loving hands (Heb. 13:8; Deut. 31:8).

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