

Abandon Worry; Trust in God!
Matthew 6:25-34

Sermon Notes for 9/5/21

25 “Therefore I tell you, do not be anxious 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: they neither sow nor reap nor gather into barns, and yet your heavenly Father feeds them. Are you not of more value than they? **27** And which of you by being anxious can add a single hour to his span of life? **28** And why are you anxious about clothing? Consider the lilies of the field, how they grow: they neither toil nor spin, **29** yet I tell you, even Solomon in all his glory was not arrayed like one of these. **30** But if God so clothes the grass of the field, which today is alive and tomorrow is thrown into the oven, will he not much more clothe you, O you of little faith? **31** Therefore do not be anxious, saying, ‘What shall we eat?’ or ‘What shall we drink?’ or ‘What shall we wear?’ **32** For the Gentiles seek after all these things, and your heavenly Father knows that you need them all. **33** But seek first the kingdom of God and his righteousness, and all these things will be added to you.

34 “Therefore do not be anxious about tomorrow, for tomorrow will be anxious for itself. Sufficient for the day is its own trouble.

→ **Trusting God does not require dismissing your troubles or fears! v.25**

1. You have plenty of legitimate fears to worry about! V.25
2. Anxiety is different from Responsibility.

“Christ told his disciples not to be anxious about tomorrow, but he never said not to consider tomorrow. Intelligent problem solving demands careful consideration of the future effects of present solutions.” - R.C. Sproul

→ **Trust God by putting your anxieties into perspective! v.25**

1. Life is more important than food, and the Body is more important than clothing.
2. There are differing levels of anxiety inducing needs.
 - a. Food and Clothing are on a life and death level.
 - b. There are plenty of our worries and anxieties that turn out to be no big deal.
 - c. There are plenty of other needs that are genuinely overwhelming.
 - d. Do you have expectations that God will make your life safe, comfortable, or easy?

“A Christian’s freedom from anxiety is not due to some guaranteed freedom from trouble, but to the confidence that God is our Father, that even permitted suffering is within the orbit of His care.” - John Stott

→ **Trust God by Observing his Heart and Power! v.26-30**

1. God the Father sees the needs of his creatures and cares for them.
2. God has the power to meet any need in ways beyond our understanding.
 - a. No barns, no sowing or sewing

“Worry implies that we don't quite trust God is big enough, powerful enough, or loving enough to take care of what's happening in our lives. Stress says the things we are involved in are important enough to merit our impatience, our lack of grace towards others, or our tight grip of control. Basically, these two behaviors communicate that it's okay to sin and not trust God because the stuff in my life is somehow exceptional. Both worry and stress reek of arrogance. They declare our tendency to forget that we've been forgiven, that our lives are brief ... and that in the context of God's strength, our problems are small, indeed.” - Francis Chan, *Crazy Love*

“Worry is nothing but practical infidelity. The person who worries reveals his lack of trust in God and that he is trusting too much in self.” - Lee Roberson

→ **Invest your time and energy on more important pursuits! v.31-33**

1. Anxiety itself does nothing good for you. (v. 27) (George Herbert Quote)
2. Focusing on alleviating your worries can instead feed them.
3. Give yourself instead to pursuits of the Kingdom of God.
 - a. Seek first the kingdom of God and his righteousness.
 - b. God’s kingdom - to know God and glorify him by enjoying him forever.
 - c. God’s kingdom - to be a growing part of his people (the church)
 - d. God’s kingdom - to make disciples and teach them
 - e. God’s righteousness - to grow in Christ-likeness of Character, Speech, and Action
 - f. God’s righteousness - to be progressively transformed from the inside out.
 - g. Seek - thoughts, attitudes, desires, actions, habits, behaviors, efforts, goals.
 - h. First - not “only” but highest priority, gets highest consideration, best resources
 - i. First - when something has to give, this isn’t it.

“Worry is like a rocking chair-it keeps you moving but doesn't get you anywhere.”
- Corrie Ten Boom

“A hundredload of worry will not pay an ounce of debt.” - George Herbert

→ **God will bless your seeking Him and provide for your needs! v.31-33**

1. Not a works-based gospel or a prosperity gospel.
2. Does not eliminate our need to do our part to work to support ourselves and our family.
3. Does remind us that God blesses us when we prioritize the Kingdom first.

God Blesses Us with Peace Beyond Understanding

The Lord is at hand; **6** do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. **7** And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus. **Philippians 4:5b-7**

→ **One more time, don't borrow trouble from tomorrow! v.34**

1. “If you can trust God with your eternity, you can surely trust him with your tomorrow.”

“Worrying is carrying tomorrow's load with today's strength- carrying two days at once. It is moving into tomorrow ahead of time. Worrying doesn't empty tomorrow of its sorrow, it empties today of its strength.” - Corrie Ten Boom

Next Steps

What to do about worry?

1. Repent from distrusting God.
2. Pray for a strong faith in God.
3. Take each worry and fear to the Lord in prayer.
4. Preach the heart and power of God to yourself.
5. Remember all the ways that God has provided for you and met your needs.
6. Remember the stories of the faithful and walk in faith.

Slides for 9/5/21

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Worry vs. Responsibility

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What Are You Expecting from God?

“A Christian’s freedom from anxiety is not due to some guaranteed freedom from trouble, but to the confidence that God is our Father, that even permitted suffering is within the orbit of His care.” - John Stott

→ **Trust God by Observing his Heart and Power! v.26-30**

God is Greater than our Problems!

“Worry implies that we don't quite trust God is big enough, powerful enough, or loving enough to take care of what's happening in our lives. Stress says the things we are involved in are important enough to merit our impatience, our lack of grace towards others, or our tight grip of control. Basically, these two behaviors communicate that it's okay to sin and not trust God because the stuff in my life is somehow exceptional. Both worry and stress reek of arrogance. They declare our tendency to forget that we've been forgiven, that our lives are brief ... and that in the context of God's strength, our problems are small, indeed.”
- Francis Chan, *Crazy Love*

Trust God, Not Self

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→ **Invest your time and energy on more important pursuits! v.31-33**

Worry Does No Good

“A hundredload of worry will not pay an ounce of debt.” - George Herbert

Worry is Ineffective

“Worry is like a rocking chair-it keeps you moving but doesn't get you anywhere.”
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God Blesses Us with Peace Beyond Understanding

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Trust God with Your Tomorrow

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Sermon Description

We each have many legitimate reasons to worry and be anxious. Added to that, there are plenty of unrealistic fears and worries that we can succumb to. In this portion of the Sermon on the Mount, Jesus teaches us to not give in to anxiety, but to live out faithful trust in the Father.

Prayer Points

1. Ask God to show you how you indulge in worry.
2. Ask God to help you see his loving heart and all the ways that he cares for you.
3. Thank God for all the ways that he has provided for you and met your needs.
4. Pray for God to put your needs in perspective with his power and ability to meet those needs.
5. Pray for the faith to trust God and to seek his kingdom first.

Discussion Questions

1. What are areas of worry and anxiety that repeatedly come up for you?
2. Why do you think you worry about those things?
3. What underlying expectations or desires explain your worry / anxiety?
4. How does having "faith like a child" challenge our worrying?
5. How has worrying interfered with your living a faithful Christ-following life?
6. What are ways that you see God's heart of love and care for you and others?
7. How can you know that God knows your needs and desires to meet them?
8. How can you know that God has the power to meet any need or situation you encounter?
9. What does it look like to seek God's kingdom and his righteousness first?
10. How do worries and fears show the priorities of our hearts and lives?
11. Who is an example of seeking first the kingdom of God that inspires you?
12. What are some steps you feel led to take to combat worry in your life?

Additional Resources

1. An example of great faith! [George Mueller's life story told by John Piper.](#)
2. Blog: "[What Does it Mean to Take Every Thought Captive?](#)"
3. Trusting God in the worst of circumstances! [The Hiding Place by Corrie Ten Boom](#)
4. [Gospel Hope for Anxious Hearts: Trading Fear and Worry for the Peace of God by Charles Spurgeon](#)