

## **“Worry Not”**

**Matthew 6:25-27**

*Jesus teaches why we should not worry if God is our Father.*

### **I. There are some things we don’t need to worry about.**

#### **A. Jesus teaches his disciple not to worry about the Big Three:**

**Matthew 6:25** — *“For this reason I say to you, do not be worried about your life, as to what you will eat or what you will drink; nor for your body, as to what you will put on...”*

1. Don’t worry about what you will eat – life-preserving food.
2. Don’t worry about what you will drink – Sustaining water.
3. Don't worry about what you will cover yourself with – Most basic form of shelter.

### **II. Remember why God gifted us with life? (the reason you are alive)**

**Matthew 6:25** “... Is not life more than food, and the body more than clothing?”

#### **A. We do not live to eat. - We eat in order to live (life as God designed it)**

1. It’s like saying, “I must fill the tank because I have a car.”

#### **B. The purpose of the body is not for clothing - We clothe the body to fulfill our purpose -**

### **III. Three reasons we don’t worry: (to think, consider, ponder, look at with mind)**

**Matthew 6: 26** — <sup>26</sup>“Look at the birds of the air, that they do not sow, nor reap nor gather into barns, and yet your heavenly Father feeds them. Are you not worth much more than they?”

#### **A. God has made Himself responsible to take care of us.**

1. God is responsible to make food accessible to us.
2. **Example:** God made manna available

3. This is not to say we don’t need to plan or work.

#### **B. We don’t worry because of who we are related to – God our Father.**

#### **C. We don’t worry because of the greatness of our value to God.**

1. We have a Relational value – we a His by creation.
2. We have a Purchased value - we are His by redemption (**1 Peter 1:18–19**).

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### **IV. Understand how unhelpful worry is.**

**Matthew 6:27** — *“And who of you by being worried can add a single hour to his life?”*

#### **A. Worry adds nothing to life (not even a single hour).**

1. It can add gray hair.

#### **B. Worry takes away the valuable things of life: Philippians 4:6–7**

**Philippians 4:6–7** — <sup>6</sup>“Be anxious for nothing, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. <sup>7</sup>And the peace of God, which surpasses all comprehension, will guard your hearts and your minds in Christ Jesus.”

1. Worry take away our peace... and peace is what allow us to enjoy life.
2. **Questions:** What things way heavy on your heart this morning?
  - a. What keeps you up at night thinking?

#### **C. Application: Give your worries to God in prayer.**

**THINK, PRAY AND OBEY:**

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