

Do Not Worry *Matthew 6:24-34*

INTRO:

There are some things we know because they are so often repeated in the Bible. We know that most of us fight fear. We know this because we are told repeatedly, *“Do not fear.”* (e.g. Isaiah 41:10). Second, we know most of us struggle with worry because the Lord Jesus Himself commands us not to worry.

Our text in *the Sermon on the Mount* in **Matthew 6:24-34** is all about worry. The Lord Jesus Christ Himself teaches us why we must not worry and gives us the real solution to worry.

I. Rational Against Worry (24-32)

II. Positive Steps to Take in Place of Worry (33-34)

I. Rational Against Worry (24-32)

A. The lesson starts in **verse 24**.

“No one can serve two masters; for either he will hate the one and love the other, or else he will be loyal to the one and despise the other. You cannot serve God and mammon.”

The root of worry is our double-mindedness. We want to serve God but we also want stuff. Ironically, we do not worry as much about serving God as much as losing our stuff.

B. How do we know the lesson begins in verse 24? It is because of how **verse 25** begins.

“[For this reason] I say to you, do not worry 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?”

1. The ***“therefore”*** is literally, *“for this reason.”* Because it is impossible to serve two masters, we must not worry. Worry indicates we want our stuff more than we want our God. Worry is not just rumination. It is the lack of trust in the Living God and putting possessions ahead of God.

2. Our Lord did not just command us to not worry. He laid out several reasons to tell ourselves to help us not worry. When we are tempted to worry about food, drink and clothes we must remember, ***“Is not life more than food and the body more than clothing?”*** The anticipated answer is “yes.” Life is not about food, and our bodies are more than clothes racks. Do you remember the story in Luke 12 about the farmer who had a great crop? Do you recall why Jesus told the story? The point is our lives consist of more than the stuff we accumulate, and it is better to be rich toward God than just be rich and increased in goods. Your life is not defined by your possessions.

C. The second truth we need to confront our hearts with is the lesson we learn from the birds.

v.26 *“Look at the birds of the air, for they neither sow nor reap nor gather into barns; yet your heavenly Father feeds them. Are you not of more value than they?”*

God does not deliver the food to the birds’ nests, but He does provide for them even though they have no claim on Him. Here is the first, *“How-Much-More,”* argument the Lord Jesus employed in this paragraph. Truth number two for our hearts is, God takes care of birds who are of much lessor value than you and He is you Father and not their Father, so He will provide for us.

D. Truth number three for our troubled hearts is, what can worry do?

v.27 *“Which of you by worrying can add one cubit to his stature?”*

Worry cannot add height, minutes, or miles to you. Truth three is worry accomplishes nothing.

E. Truth number four for our hearts when we are tempted to worry is;

Vs.28-30 *“So why do you worry about clothing? Consider the lilies of the field, how they grow: they neither toil nor spin; and yet I say to you that even Solomon in all his glory was not arrayed like one of these. Now if God so clothes the grass of the field, which today is, and tomorrow is thrown into the oven, will He not much more clothe you, O you of little faith?”*

This is the second, *“How-Much-More”* argument in this text. If God creates beautiful wildflowers that last only for a little while and some only God Himself sees, how much more will He make sure those who belong to Him will be dressed and not naked? Truth Four is, if God takes care to dress the impermanent He will provide in some way for us who will spend eternity with Him.

F. **Verse 31-32** summarizes all that Jesus said.

“Therefore do not worry, saying, ‘What shall we eat?’ or ‘What shall we drink?’ or ‘What shall we wear?’ For after all these things the Gentiles seek. For your heavenly Father knows that you need all these things.”

We must not worry because people who do not know our God worry about the things we worry about. We must not worry because we have a Heavenly Father who takes care of us and knows we need these things.

II. Positive Steps to Take in Place of Worry (33-34)

A. If we are to put off worry there must be something we put on instead. We cannot serve two masters, so how do we better serve God?

v.33 *“But seek first the kingdom of God and His righteousness, and all these things shall be added to you.”*

This is a command. We are to hunt down, actively seek after the will of God, and His righteousness. Our hunting ground is the Word of God, because that is where the will of

God is found. If we do, all the other things we need He will supply. Step One, set a priority on finding and doing the will of God in you life.

B. Step Two is **verse 34**.

“Therefore do not worry about tomorrow, for tomorrow will worry about its own things. Sufficient for the day is its own trouble.”

This is a great summary statement and a second step in overcoming worry. God provides in 24 hour hunks and we need to live our lives in 24 hour containers. When we worry is usually about an uncertain future. Sometimes we think about things we did in the past and worry about what will happen. The fact is, the future is uncertain. God is not uncertain. He will always be Who He is, and He will do what He says He will do. Step Two live in God’s provision today. Let Him take care of the future.

How to use this Sermon

1. Write down the truths to tell your heart in your own words. When worry comes knocking at your door. Remind your heart of each of these truths.
2. Replace the temptation to worry with the two positive steps the Lord Himself prescribed. Get busy seeking out God’s will and doing it. Remember God provides exactly what we need for today. He will also provide for tomorrow’s needs when tomorrow comes.