

ANSWER FOR WORRY

Matthew 6:25-34

Introduction: There's a lot of "old sayings" that we use today that seem to have a lot of wisdom and so those "sayings" have lasted through many generations. Some of those "old sayings" have their origins from a Biblical background. Jesus tried to impart to His disciples a faith in the goodness of God that would cure most of the heartaches and headaches that plagued them and us as well. In attempting to get His point across, Jesus pointed out the perils of letting earthly things/possessions be our greatest treasure. *Matthew 6:19-23*) Jesus also pointed out the impossibility of a person being both a servant of God and the servant of worldly goods and things. *Matthew 6:24*

I. JESUS TAUGHT THAT TO BE CONQUERED BY WORRY IS ACTUALLY SINFUL

1. Cares and worries can be idolatrous. (*Matthew 6:24*)
2. Cares and worries about making a living and existing financially are not to be first place.
- (*Matthew 6:25*)
3. Cares and worries when said and done are really useless. (*Matthew 6:27*)
4. Cares and worries are actually pagan, foreign to true needs. (*Matthew 6:32a*)
5. Cares and worries can be extremely injurious to both mind and body. (*Matthew 6:34*)

II. JESUS TAUGHT THAT CARE AND WORRY IS TO BE OVERCOME

1. We need to do some evaluating. (*Matthew 6:26*)
 - Take a look at nature, the birds for example don't worry but they do work.
 - What is it that keeps us up at night, is it our work or is it worry? Is it work that causes tension that destroys our health and happiness or is it worry?
 - Take a look at the nature, again, this time the flowers. (*Matthew 6:28-29*).
 - The same God who cares for nature's animals, birds, etc., also provides for the rest of nature, the greenery, the flowers, etc.
 - Surely the God who loves and takes care of the world can definitely love and take care of those who love Him and seek to obey Him.
2. We need to learn how to accept ourselves. (*Matthew 6:27*)
 - "God, grant me the serenity to accept the things I cannot change; courage to change the things I can, and the wisdom to know the difference." Remember that one?
 - Without question there are some things in life that are totally unchangeable and the only way to respond to these is to accept them and move on.
 - We cannot fret and worry ourselves into frustration and ulcers over things which we have no control.

3. We have got to dedicate ourselves. (*Matthew 6:33*)
 - If we are to conquer and overcome our fears and worries, then we have got to dedicate ourselves to something much bigger than what we are.
 - We must learn how to put first things first and the biggest, most important thing in our lives is God.
 - We must make a complete, total surrender to God and learn how to cooperate with Him in the bringing of His rule of love into our hearts and lives.
 - By learning how to let God have total control of our entire existence, we will learn how to forget about our troubles, woes and worries.

CONCLUSION:

1. We need to remember and learn how to apply the fact that the very same God who has given us life will also provide all the things we need to live our lives, day after day.
2. Instead of concerning ourselves to the point of worrying and fretting and being overly anxious about making a living, we need to concern ourselves with WHY, WHAT is the purpose of our being here in the first place.
3. To concentrate upon living each day to the fullest not for our satisfaction but for the glory of God will cure us from all the harmful effects of worry, anxiety and frustrations.
4. Who among us has not worried, fretted, been anxious, tossed and turned at night unable to sleep? We need to learn how to put everything in the hands of God and let Him "do the driving."