**God’s Remedy for Worry**

*Matthew 6:25-34*

**Introduction**

1. Everyone worries. Is this a problem?
2. Worrying is rebuked by Jesus in Matthew 6:25-34.
3. Why is worrying a problem?
4. How do we keep ourselves from worrying?
5. The Problem With Worrying
6. It rearranges our priorities (v. 25)

* *“Therefore”* (v. 25) brings us back to the previous verses. Worry can be connected to them. (cf. 6:19-24)
* Luke 10:38-42
  + Martha was too worried about trivial things to recognize the importance of sitting at the Son of God’s feet while He was still with them.
  + Jesus showed that by her worrying, she failed to set her priorities straight. *“Mary has chosen that good part.”*
* Luke 12:13-21
  + The rich man was worried about where he would store his crops.
  + This is Luke’s account of the ‘Sermon on the Mount.’
    - (12:22) – *“Therefore I say to you, do not worry about your life, what you will eat*[…etc.]*”*

1. It can ultimately lead to a loss of our souls if we aren’t careful.

* (12:20) – The rich man lost his soul due to worrying about carnal things!
* Worrying about rejection/persecution while living for Christ and proclaiming His message. (Matthew 10)
  + Jesus saw the need to send out His twelve disciples to preach (cf. 9:35-38).
  + He gave them miraculous power (cf. 10:1-4).
  + He warned of those who wouldn’t receive them and the message (cf. 10:12-15).
  + He assures them of persecution (cf. 10:16-20, 22).
  + He tells them to not fear but speak what He would have them to speak (cf. 10:27-39).
  + If we deny Christ, and fail to teach His word even in the midst of persecution, we will lose our souls.
  + Don’t worry about losing your life! Worry about losing your soul!

1. The Remedy for Worrying
2. Trust in God

* God recognizes our need for certain things! We should trust Him to deliver them to us (cf. 6:25-32).
  + God takes care of animals. We were made *“in* [His] *image,* [and] *according to* [His] *likeness”* (Genesis 1:26), he will definitely take care of us! (v. 26).
  + Worrying doesn’t accomplish anything (v. 27)!
    - Flowers don’t worry about growing and being provided for, and they get what they need (v. 28-29).
    - Solomon in all his glory didn’t compare to these (cf. Ecclesiastes 2:4-8).
  + God knows we need these things (v. 31-32)!
* Philippians 4:10-13 – Paul was not worried about anything! He was content because he put his trust in Christ! Contentment from trust in Christ results in suppression of worry!

1. *“seek first the kingdom of God and His righteousness”* (v. 33)

* Our priority should be seeking things above (cf. Colossians 3:1).
* We should seek the *“bread of life”* (John 6:35).
  + Great multitude followed Jesus because of the signs He performed (v. 2).
  + Jesus fed the 5,000 with five loaves of bread and two fish (v. 5-12).
  + People went to Capernaum seeking Jesus and found Him (v. 24-25).
  + Their priority was to receive more food from Jesus. Their interest was not spiritual. You could say they were worrying about physical things (v. 26-27).
  + Jesus tells them the food they should seek to receive. The food they should worry about obtaining (v. 35-40).

**Conclusion**

1. Worrying does accomplishes nothing. *“Which of you by worrying can add one cubit to his stature?”* (Matthew 6:27).
2. If anything, worrying will cause us to lose focus on what is important.
3. Instead we should *“seek first the kingdom of God and His righteousness, and all these things [will] be added to [us].”* (Matthew 6:33).
4. Have you obtained the bread of life that will not perish?