**God’s Remedy for Worry**

*Matthew 6:25-34*

**Introduction**

1. Satan has many devices he utilizes as he ***“walks about like a roaring lion, seeking whom he may devour” (1 Peter 5:8)***.
2. Some are more obvious than others, but we should be vigilant in order to notice the more discreet workings of the Deceiver.
3. One of the most available, and effective, devices Satan works with is the easily provoked worry **(cf. Matthew 6:25**) in the minds of man.
4. This problem has plagued even the most faithful Christians, and it must be exposed for its being dangerous, and vain.
5. Like with all things God provides us with instruction on this matter. God gives us a remedy for this prevalent problem of worry.
6. The danger of worrying
7. It has the capability of causing great damage emotionally, physically, and spiritually.

* Excessive worrying and anxiety causes an emotional roller coaster.
  + Worrying about our: jobs, finances, school, relationships, etc.
* This worrying can become so severe that it causes us to become physically ill.
  + Imagine the other damage it can cause 🡪
* The Devil has a greater plan for us with worry as his ultimate tool (spiritual downfall).
  + Worrying will tear down the spiritual man.
* Not worrying is easier said than done, but we need to realize how important it is that we gain control of our worrying minds.
  + ***There is much at stake when worrying enters our hearts, and begins to fester. It can cause more damage than we normally think.***

1. Spiritual effects of worry.
2. It changes perspective.

* **Matthew 6:25** – Jesus begins His rebuke on worry with *“therefore.”*
  + Prior to this well-known passage are other well-known verses that are linked to the problem of worry.
* **Matthew 6:19-24**
  + **(v. 19-21)** – Worry uncovers the heart’s deepest concerns. When we excessively worry about physical matters we show our hearts to be set on physical things.
  + **(v. 22-23)** – Worrying splits our vision. Our eyes must not be set on worldly things, but on things above.
  + **(v. 24)** – This can all lead to us failing to serve God because our focus and attention is on trivial matters.
* **Luke 12:13-21** – Parable of the rich fool.
  + ***“Therefore I say to you, do not worry” (v. 22)*** – Jesus repeats His thoughts from the Sermon on the Mount.
  + The parable of the rich fool paints a vivid picture of the danger of worry, and what it actually leads to.
    - The rich man was worried about the storing of his physical possessions.
    - Needing a place to store things, and building storage to fix the problem is not inherently sinful.
    - ***It is obvious that this man allowed his concerns for physical things to cause himself to be blind to the lasting, more important matters.***
    - Worrying can cause our vision to be fogged.
      * We tend to lose perspective when worrying – ***“Is not life more than food and the body more than clothing?” (Matthew 6:25)***.
* ***Many of the things we worry about are legitimately important. Yet, nothing is more important than spiritual matters. 🡪***
* ***Worrying can, and will, change our perspective. When we worry about things of a physical nature it causes us to forget about the things we should truly be concerned with.***
* ***Worrying helps in no way – “Which of you by worrying can add one cubit to his stature?” (Matthew 6:27)***
  + ***However, worrying is not without effect, but can cause the spiritual man to become malnourished because we are too focused on the physical man.***

1. Causes spiritual malnourishment.

* **Luke 10:38-42** – Mary (chooses good part) and Martha (worrier)
  + Martha was performing an admirable service of hospitality.
    - But her worry about those things caused her to lose perspective.
    - ***Jesus – the Son of God, the great teacher – was in her home, and yet she didn’t see the opportunity to sit at His feet and learn as her sister did.***
  + Jesus commended Mary for choosing the good part.
    - She did not allow worry to steal from her opportunity to learn from the Christ!
* **Hebrews 10:24-25, 32-39** – The Hebrew Christians worried about persecution.
  + A reason for assembly is exhortation.
  + ***Christians need to encourage one another with their presence at assembly. This allows for edification that will strengthen us as we experience troubles as Christians in a world contrary to us.***
  + ***There is no good excuse to willfully forsake the assembly. If there was one, persecution may be it, but it was not and is not. What is our excuse for forsaking the assembly? What do we worry about that causes us to neglect ourselves, and others edification, and forsake God?***
* By planting the seed of worry in our lives, the Devil succeeds in causing us to forget about the inner man in grave need of attention.
  + **2 Corinthians 4:16-18** – Paul expressed the proper attitude by not allowing physical adversity to fog his perspective.
    - ***It is important to maintain focus on spiritual things. This will help us suppress the worries we tend to have. 🡪***

1. God’s Remedy for Worry
2. Trust in God.

* God knows the things we need – **(v. 31-32).**
  + Just like He knows the things the other parts of creation need **(v. 26, 28-30)**.
    - ***It does not make sense for God to provide for the other facets of creation and neglect those whom He made in His image.***
    - God wants us to be able to depend on Him, but worrying threatens that close bond.
    - ***“Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus.” (Philippians 4:6)***.
    - ***In whatever state we are in God gives us the ability to “Rejoice in the Lord always” (Philippians 4***:4).
      * ***Worry is never an unavoidable thing if you have God in your mind and heart*** 🡪
* Paul was able to overcome worry by looking to Christ – **Philippians 4:10-13**
  + He did not spend time dwelling on physical matters, but was content.
  + If he had little, he was not worrisome. If he had much, he was the same.
  + All of this was possible because of the trust he had in Christ to strengthen him. 🡪
* **2 Corinthians 12:7-10** – Paul at one point worried about his thorn in the flesh.
  + He was corrected by our Lord.
  + His focus should not have been on worrying about what he could not fix by himself, but on Christ who could strengthen him.
  + We find that strength in the word 🡪

1. Focus on Spiritual matters.

* **Matthew 6:33** – Jesus’ remedy for worry is ultimately found in seeking first (prioritizing) spiritual matters over the physical ones which cause worry.
* **Seek the kingdom of God**
  + Seeking the kingdom of God does not include simply sitting and dreaming of the eternal abode, but working toward it!
  + **Philippians 3:12-14** – This attitude expressed by Paul is that of seeking the kingdom of God.
  + **Matthew 5:3-12** – The beatitudes consist of those characteristics that accompany the citizens of the kingdom.
    - **These are things that we can, and are expected to, be involved in now**!
    - **When we are seeking to possess these spiritual characteristics of the kingdom we will think less of the physical things that cause us to worry so much**!
      * **God will take care of us so we can focus on more important things**!
      * ***In fact, as we seek to add these beatitudes to our life we are focusing on the beneficial outcome of them which is spiritual in nature****.*
* **And His righteousness.**
  + Our whole focus in life should be to attain to the righteousness of God and long for that which transforms us to that state.
  + This is the only thing we should be concerned with from day to day.
  + **Psalm 1:1-2** – Is our delight in God’s word?
    - **Psalm 63:1-8** – This should be our attitude toward God’s word, and becoming right with Him! Is it yours?
  + **Philippians 4:8-9** – When we constantly dwell on God’s word there is perspective gained.
    - ***The God of peace – who can take away worry and sorrow – will be with us if we meditate on spiritual things!!***
    - **We have less chance of worrying about physical matters we cannot change when our minds are focused upon those things which are most important**.
  + When we are seeking the spiritual things God promises to provide for our physical needs.
    - In fact, our focus on spiritual things can have a positive effect on our physical life – ***“For bodily exercise profits a little, but godliness is profitable for all things, having promise of the life that now is and of that which is to come” (1 Timothy 4:8).***

**Conclusion**

1. Worrying is a device of the Devil. He wants us to worry because he knows what it causes.

2. God knows what it causes as well, and as such has given us a remedy for worry.

3. We foolishly worry because we think it will help in some way, but God suggests that shifting our energy from worry to seeking Him will solve our problem of worry.

4. We can ease our worrying knowing the faithfulness of God, that He will provide, and knowing ultimately, ***“all things work together for good to those who love God, to those who are the called according to His purpose” (Romans 8:28)***.

* ***Despite any suffering, stress, and problems we deal with on this earth, even if it never lets up, if we seek first the things prescribed by God we will receive something far greater in the end!***