

The Sermon on the Mount Series
"Do Not Worry"
Sunday, October 1, 2017
Dr. Janet Cook, Senior Pastor
© 2017 Prayers Ministries, Inc., dba River of Life Community Church

Note: Unless otherwise indicated, all Scriptures are from the NKJV Bible.

Matthew 6:25-34

Do Not Worry.

Matthew 6:25 "Therefore 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?"

- The word "worry" in the original means "distracted."
- Don't let worry about food and clothing distract you from more important things in life.
- Worrying immobilizes us.
- Trusting in God moves us into action.

Look at the Birds of the Air.

Matthew 6:26 "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?"

- The birds are an example of God's ability to provide.
- The birds are dependent upon God's daily provision because they cannot grow, prepare, or store their food.
- They work by hunting for food and taking it back to their families. but they don't worry.
- All that we have ultimately comes from God's hand.
- **"Are you not of more value than they?"**

The Helplessness of Man

Matthew 6:27 "Which of you by worrying can add one cubit to his stature?"

- There are many things in life that we cannot affect by "worrying."
- Worrying will not make you grow taller.

Why Do You Worry About Clothing?

Matthew 6:28-30 "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?"

- To worry about clothing is to show little faith in God's ability to supply.

- Jesus wanted his disciples to place their lives and needs in God's hands and refuse to worry over basic needs.

Warren Wiersbe "All of nature depends on God, and God never fails. Only mortal man depends on money, and money always fails." (The Bible Exposition Commentary, p. 28)

Therefore Do Not Worry.

Matthew 6:31-32 "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."

- Do not spend time worrying over what you will eat, drink or wear.
- Gentiles or unbelievers worry about these things because they don't know God.
- We have a Heavenly Father who is aware of our needs and able to provide them. We are to focus our energy on the Kingdom of God.

Seek First the Kingdom of God and His Righteousness.

Matthew 6:33 "But seek first the kingdom of God and His righteousness, and all these things shall be added to you."

- Followers of Jesus must be different from unbelievers whose priorities are comfort, security, money and fashion.
- The word "Seek" is a present imperative, which is a command to fulfill a continuing obligation.
- To "seek the kingdom" means to submit to God's sovereignty both here and now. We are foreigners and strangers passing through this world. It is not our home. We are citizens of the Kingdom of Heaven.
- To "seek His righteousness" means to seek to live our lives as God requires, with total loyalty and commitment to Him.

Ways to Seek God's Kingdom First

1. Realize that your church, for all its faults, is your extended Christian family. Serve it well; give it your energy and time.
2. Eagerly tell people how much Jesus means to you personally.
3. Direct your work to projects and purposes that God would approve.
4. Keep promises made to family and friends.
5. Show a lot of love to the people God puts in your life.
6. Add three specific items to this list that you will work on during the next month. Ask some Christian friends to help hold you accountable to do them. (Life Application Commentary, Matthew, p. 126)

Do Not Worry About Tomorrow.

Matthew 6:34 "Therefore do not worry about tomorrow, for tomorrow will worry about its own things. Sufficient for the day is its own trouble."

- Today has enough trouble with which to concern us.

- Worrying has no power to change the future or the outcome of a situation.
- Planning for tomorrow is time well spent; worrying about tomorrow is time wasted.

DON'T WORRY. SEEK FIRST THE KINGDOM OF GOD, AND YOU WILL BE HAPPY!