The Truth About Worry

Jeff Trahan · Matthew 6:25–34

INTRODUCTION

- It seems to me that one of the most difficult commands in the New Testament is where the apostle Paul says, “Do not be anxious about anything.”
- Have you ever noticed that anxiety is often caused by trying to assume responsibility for things that we simply cannot control?
- The only way that we will ever win the battle over worry is to listen to what Jesus said about it.

1 Worry Is Unnecessary

Matthew 6:26; Psalm 37:25

- Jesus said worry is unnecessary. And the reason Jesus gave for worry being unnecessary is that we have a benevolent father.
- God is good and that he actually delights in meeting the needs of his people.
- Worry causes us to forget what we are worth to God.
- The evil of worry is that it causes us to act like people who don’t believe that God is capable of doing what he’s promised that he will do.
- “I was young and now I’m old and yet I have never seen the righteous forsaken or their children begging for bread.”
- Worry is an indication that we’re being mastered by our circumstances rather than by God’s word and by God’s track record.

2 Worry Is Unproductive

Matthew 6:34; 1 Peter 5:7

- The truth is worry just doesn’t produce anything of value.
- Worry is a lot like a rocking chair. It gives you something to do, but it doesn’t exactly get you anywhere.
- What we need to learn to do is to live life one day at a time rather than allowing today to be destroyed by tomorrow.
- “Therefore, do not be anxious about tomorrow, for tomorrow will be anxious for itself sufficient for the day is its own trouble.”
- Peter talked about in 1 Peter chapter 5 and verse 7, he talked about casting all your anxieties on him because he cares for you.
- Casting all of our concerns on the Lord that needs to become the conditioned reflex of every child of God.

3 Worry Is Unreasonable

Matthew 6:33

- Being preoccupied exclusively with material things is only reasonable if physical survival is the be-all and end-all of existence. And here's the thing, it's not.
- Jesus said that human beings are more than just bodies that need to be fed and clothed.
- Our anxiety about such things betrays the fact that we have bought into a false view of what we are as human beings.
- We were put here first and foremost to seek God and to promote his reign in the world.
- The real key to life is found in Matthew 6 and verse 33 where Jesus says, "Seek first the kingdom of God and his righteousness."

THE CHALLENGE

Don't let your life be dominated by worry. Trust God. Seek his kingdom and his righteousness. Cast all your anxieties on him. He cares for you.

MY NOTES