



**What, Me Worry?**



# VICTORY OVER WORRY

WE DON'T WANT TO CALL IT THAT.

BUT WE DO WORRY.

HOW CAN IT STOP IT?

## MATTHEW 6:25-27

- <sup>25</sup> "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? <sup>26</sup> 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? <sup>27</sup> Which of you by worrying can add one cubit to his stature?"

## MATTHEW 6:28-30

- <sup>28</sup> So why do you worry about clothing? Consider the lilies of the field, how they grow: they neither toil nor spin;  
<sup>29</sup> and yet I say to you that even Solomon in all his glory was not arrayed like one of these. <sup>30</sup> 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?



## MATTHEW 6:31-34

- <sup>31</sup> Therefore do not worry, saying, 'What shall we eat?' or 'What shall we drink?' or 'What shall we wear?' <sup>32</sup> For after all these things the Gentiles seek. For your heavenly Father knows that you need all these things. <sup>33</sup> But seek first the kingdom of God and His righteousness, and all these things shall be added to you. <sup>34</sup> Therefore do not worry about tomorrow, for tomorrow will worry about its own things. Sufficient for the day *is* its own trouble.

# INTRODUCTION

- All of us worry – at times
- We justify it with a distinction between worry and concern
- Worry is a rocking chair – keeps you busy but goes nowhere
- Big things we handle – the little things eat at us
- It is not the tornadoes – it's the termites

# 1 REALIZE WHAT IS IMPORTANT

- Get our priorities straight
- Figure out what is most important
- Loss of everything in a house fire
- But we are all alive and will rebuild



## 2 PUT THE SPIRITUAL FIRST

- We might lose a friend or our job
- But we keep our faith
- Job lost all but kept his integrity
- **Job 27:5** Far be it from me That I should say you are right;  
Till I die I will not put away my integrity from me.



## 3 DON'T WASTE TIME ON SECONDARY THINGS

- We are easily distracted from the important
- The urgent often gets in the way
- We must learn what is secondary – before we know what should be first



## 4 DON'T PANIC

- Something happens and we get out feathers ruffled
- We go into a “tizzy” with worry about it
- We do not think clearly when we are in a panic

## 5 GOD IS STILL IN CHARGE

- This is the message from Matthew 6:25-34
- God is still in charge of this world
- Forget this – and you will worry yourself sick

# LEARN TO TRUST THE KNOWLEDGE OF GOD

- God knows what we need
- He may wait for us to realize what is needed
- 4 Illustrations
  - Birds are fed
  - Can't add to your height
  - Flowers grow in fields
  - Even rocks can look good – God clothes them



# LEARN TO LIVE ONE DAY AT A TIME

- Don't dwell on the past
- Learn to start each morning – fresh, new day
- V. 34 Therefore do not worry about tomorrow, for tomorrow will worry about its own things. Sufficient for the day *is* its own trouble.



**Worrying is stupid.  
It's like walking  
around with an umbrella  
waiting for it to rain.**

**-Wiz Khalifa**



# PRACTICAL SUGGESTIONS

- Have a “worry” box
- Write down what to worry about
- Put it in the box
- Later – read what you worried about



## FINAL POINT

- **Worry is the opposite of faith**
- **Philippians 4:6-7** <sup>6</sup> Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; <sup>7</sup> and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus.