

BIBLE LIFE MESSAGES

What – Me Worry?

Matthew 6: 25-34

1 What. Me worry?

Lord Jesus, in His Sermon on the Mount, gave us some insights about common things we tend to worry about in the light of His presence and care. 2

Observe Matthew, chapter 6, verses 26 through 34, Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more important than food, and the body more important than clothes? Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they? Who of you by worrying can add a single hour to his life? 1 3

And why do you worry about clothes? See how the lilies of the field grow. They do not labor or spin. Yet I tell you that not even Solomon in all his splendor was dressed like one of these. If that is how God clothes the grass of the field, which is here today and

¹ v25-27.

tomorrow is thrown into the fire, will he not much more clothe you, O you of little faith? ² ₄

So do not worry, saying, 'What shall we eat?' or 'What shall we drink?' or 'What shall we wear?' For the pagans run after all these things, and your heavenly Father knows that you need them. But seek first his kingdom and his righteousness, and all these things will be given to you as well. Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own. ³

Do you think you have worries? No matter how bad you think you have it you can always find someone who is worse off. I found a story a few years ago about a guy who really had something to worry about.

This story needs an introduction so you won't be lost in the beginning. This man was in an accident at work and is filling out an accident claim. His insurance

² v28-30.

³ v31-34.

company contacted him to ask for more information. This was his response.

“I am writing in response to your request for additional information for block number 3 of the accident reporting form. I put ‘poor planning’ as the cause of my accident. You said in your letter I should explain more fully and I trust the following detail will be sufficient.”

“I am an amateur radio operator and on the day of the accident I was working alone on the top section of my new 80-foot tower. When I completed my work I discovered I had, over the course of several trips up the tower, brought up about 300 pounds of tools and spare hardware. Rather than carry the now unneeded tools and material down by hand, I decided to lower the items down in a small barrel by using the pulley attached to the gin rope at the top of the tower. Securing the rope at ground level, I went to the top of the tower and loaded the tools and the material into the barrel. Then I went back to the ground and untied

the rope, holding tightly to ensure a slow decent of the 300 pounds of tools.”

“You will note in block 11 of the accident reporting for that I weigh only 155 pounds. Due to my surprise of being jerked off the ground so suddenly, I lost my presence of mind and forgot to let go of the rope. Needless to say, I proceeded at a very rapid rate of speed up the side of the tower. In the vicinity of the 40-foot level, I met the barrel coming down. This explains my fractured skull and broken collarbone. Slowed only slightly, I continued my rapid ascent, not stopping until the fingers of my right hand were two knuckles deep into the pulley. Fortunately, by this time, I had regained my presence of mind and was able to hold onto the rope in spite of my pain. At approximately the same time, however, the barrel of tools hit the ground and the bottom fell out of the barrel.”

“Devoid of the weight of the tools, the barrel now weighed approximately 20 pounds. I refer you again to

my weight in block 11. As you might imagine, I began a rapid descent down the side of the tower. In the vicinity of the 40-foot level, I met the barrel coming up. This accounts for the two fractured ankles and the lacerations of my legs and lower body. The encounter with the barrel slowed me enough to lessen my injuries when I fell onto the pile of tools and, fortunately, only three vertebrae were cracked. I am sorry to report, however, that as I lay there on the tools in pain, unable to stand and watching the empty barrel 80 feet above me, I again lost my presence of mind. I let go of the rope . . .”

Compare your troubles with his. 5

So . . .

I. What is Worry?

What is worry? ⁶

Worry is ⁷ advanced interest paid on premiums that may never come due. ⁸ Or, it could be defined as wasting today's time cluttering up tomorrow's opportunities with yesterday's troubles.

A man, who was raising chickens, had a rooster that occasionally crowed. This irritated his neighbor who finally took all he could stand. "That bird of yours keeps me up all night", he complained.

"What do you mean", responded the farmer, "he hardly ever crows and when he does it's never more than two or three times a day."

"That's not the problem." Replied the neighbor. "It's not how often he does it, it's not knowing when he might that keeps me awake!" Much of the time worry is over things that may never happen. ⁹

What's wrong with worry? ¹⁰

Worry is **foolish**. Do you think God would give you life and then withhold the necessities to sustain it? Why worry? ¹¹

Worry is **blind**. Nature shows us that God takes care of His creatures. Why worry? ¹²

Worry is **useless**. You can't do anything about most physical circumstances anyway. Why worry? ¹³

If God is Creator and in control of His universe, why worry? Philippians, chapter 4, verse 6 says, **Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.** ¹⁴

So . . .

II. Why Worry About Food? – v26

Why worry about food? **Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they?** ⁴ ₁₅

What is the excuse? I can't give to the Lord. I can't tithe. My family comes first. With inflation and recession, you have to look out for yourself! ₁₆

To this the Lord says, **Look at the birds . . . (I) feed them!** Birds don't worry about their next meal. They just go out and get it. You are worth more to God than a bird! He will take care of you. ₁₇

Notice Bible examples of God's care for His people. ₁₈

When the people of Israel were crossing the desert, God provided for them quail and manna everyday except Saturday. They were instructed to gather a

⁴ v26.

double portion Friday to last through the Sabbath Day.

⁵ Nobody went hungry for 40 years! ¹⁹

As Elijah was running for his life, notice how God provided for him. First Kings, chapter 17, verses 5 and 6, So he did what the LORD had told him. He went to the Kerith Ravine, east of the Jordan, and stayed there. The ravens brought him bread and meat in the morning and bread and meat in the evening, and he drank from the brook.

What is the Bible saying to you? Put God first in your life and you won't have to worry about food! ²⁰

Let's continue.

⁵ Exodus 32:1-32.

III. Why Worry About Life? – v27

Why worry about life? **Who of you by worrying can add a single hour to his life?** ⁶ ₂₁

What is the excuse here? Ponce de Leon searched the Bahamas and Florida looking for the Fountain of Youth. He feared old age and death like most of us. ²²
But Lord Jesus said, **I tell you the truth, whoever hears my word and believes him who sent me has eternal life and will not be condemned; he has crossed over from death to life.** ⁷ ₂₃

Our Lord has power over death! ₂₄

He came up to a funeral procession one day, reached into the coffin and touched the corpse. The dead man immediately came to life and was restored to his grieving mother. ⁸ ₂₅

⁶ v27.

⁷ John 5:24.

⁸ Luke 7:11-17.

Jesus went to the home of one of the synagogue leaders whose daughter was at the point of death. This desperate man begged the Lord to do something to save his child. When He arrived at the house the family said it was too late. The young girl had died. Jesus said, **the child is not dead but asleep**. When He took her by the hand, she immediately stood up and walked around. ⁹ ₂₆

The Lord walked into a cemetery one evening, entered a sealed tomb and approached a man who had died and was decaying for four days. When Jesus came out of that tomb He was followed by the man restored to life! ¹⁰ ₂₇

The Bible promises that the Lord will raise you from the dead as well! First Corinthians, chapter 15, verse 22, **For as in Adam all die, so in Christ all will be made alive**.

⁹ Mark 5:21-24.

¹⁰ John 11:1-44.

So, when you put the Lord first in your life you'll not have to worry about death! ²⁸

IV. Why Worry About Possessions? – v28-30

Why worry about possessions? Most of us do, don't we? ²⁹

What is the excuse here? Advertising is to lure you into buying goods and services to give you the good life. Right? ³⁰

So, you work hard to earn money. You, then, earn the money to buy stuff. Then, you can enjoy the good life by playing with the stuff! ³¹

But, how many possessions do you really need to make you content? Usually it's more and more. ³²

Solomon was the richest and wisest man who ever lived. ¹¹ All Jews held Solomon in high esteem. ³³ It was their hope that the Messiah, when He came,

¹¹ I Kings 10:1-9.

would restore Israel to the glory she had during the time of Solomon. ³⁴

Then Lord Jesus says, **Look at the lilies!** ¹² God dresses the common field lily more beautifully than He did Solomon! You are worth far more to the Lord than a lily!

Put the Lord first in your life and He will provide your clothing needs! ³⁵

So, the last question becomes . . .

¹² v28.

V. What Should You Do About Worry? -

v31-34

What should you do about worry? ³⁶

Verse 34 tells us that in this life you're always going to have trouble. ¹³ Expect it. Pray about it. ³⁷

But, verse 32 tells us a couple of things. Worry is a characteristic of the people in the world; not the ones in the Lord! ¹⁴ ³⁸ The Lord knows what your needs are! ¹⁵ In fact, He knows your needs better than you do. Notice, it's needs here, not desires! ³⁹

So, make the Lord and His ways the center focus of your life! ¹⁶ His promise is He will take care of your needs. But the Bible also says that everything you have beyond your basic needs is gravy. So be thankful!

¹³ v34 - Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.

¹⁴ v32 - For the pagans run after all these things . . .

¹⁵ v32 - Your heavenly Father knows that you need them.

¹⁶ v33 - But seek first his kingdom and his righteousness, and all these things will be given to you as well.

I'm not saying here you don't need to be responsible. God expects His children to be good stewards. But there is no reason for the Christian to worry about the necessities of life. God will provide for this life as faithfully as He will for the next one. Just trust Him! ⁴⁰

Humble yourselves, therefore, under God's mighty hand, that he may lift you up in due time. Cast all your anxiety on him because he cares for you. ¹⁷

<http://biblelifemessages.org>

¹⁷ I Peter 5:6-7.