

The Heart of Worry

Matthew 6:25-34 (Part Three)

1. Why is worrying an affront to God?
 - a. It reflects a prideful desire to _____ your future.
 - b. It reflects a prideful desire to _____ your future.
 - c. It reveals a _____ in God.
 - d. It reveals a _____ of the life God has given you.

2. How can you fight the temptation to worry?
 - a. _____ and _____ your worry as sin.
 - b. Get to _____ your God well.
 - c. Learn to take your thoughts _____ with truth.
 - d. Reorder your _____ and _____ in life.

The Heart of Worry



Matthew 6:25-34
Part Three

Matthew 6:25-34

For this reason I say to you, do not worry about your life, as to what you will eat, or what you shall drink; nor for your body, as to what you will put on. Is not life more than food, and the body more than clothing? Look at the birds of the air, that they do not sow, nor reap, nor gather into barns, and yet your heavenly Father feeds them.

Are you not worth much more than they?

And who of you by worrying can add a single hour to his life?

Matthew 6:25-34

And why do you worry about clothing?
Observe how the lilies of the field grow;
they do not toil nor do they spin, yet I say to you
that not even Solomon in all his glory clothed
himself like one of these. But if God so clothes the
grass of the field, which is alive today
and tomorrow is thrown into the furnace,
will He not much more clothe you,
You of little faith?

Matthew 6:25-34

Do not worry then, saying, “What will we eat?” or “What will we drink?” or “What will we wear for clothing?” For the Gentiles eagerly seek all these things; for your heavenly Father knows that you need all these things.

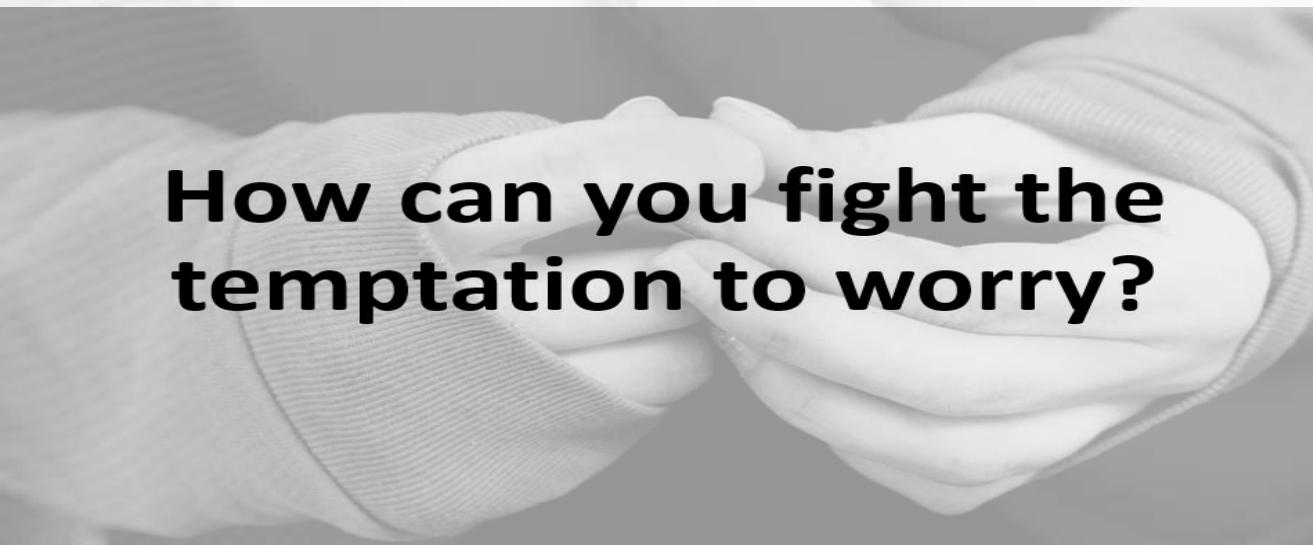
But seek first His kingdom and His righteousness; and all these things will be added to you.

So do not worry about tomorrow; for tomorrow will care for itself.

Each day has enough trouble of its own.



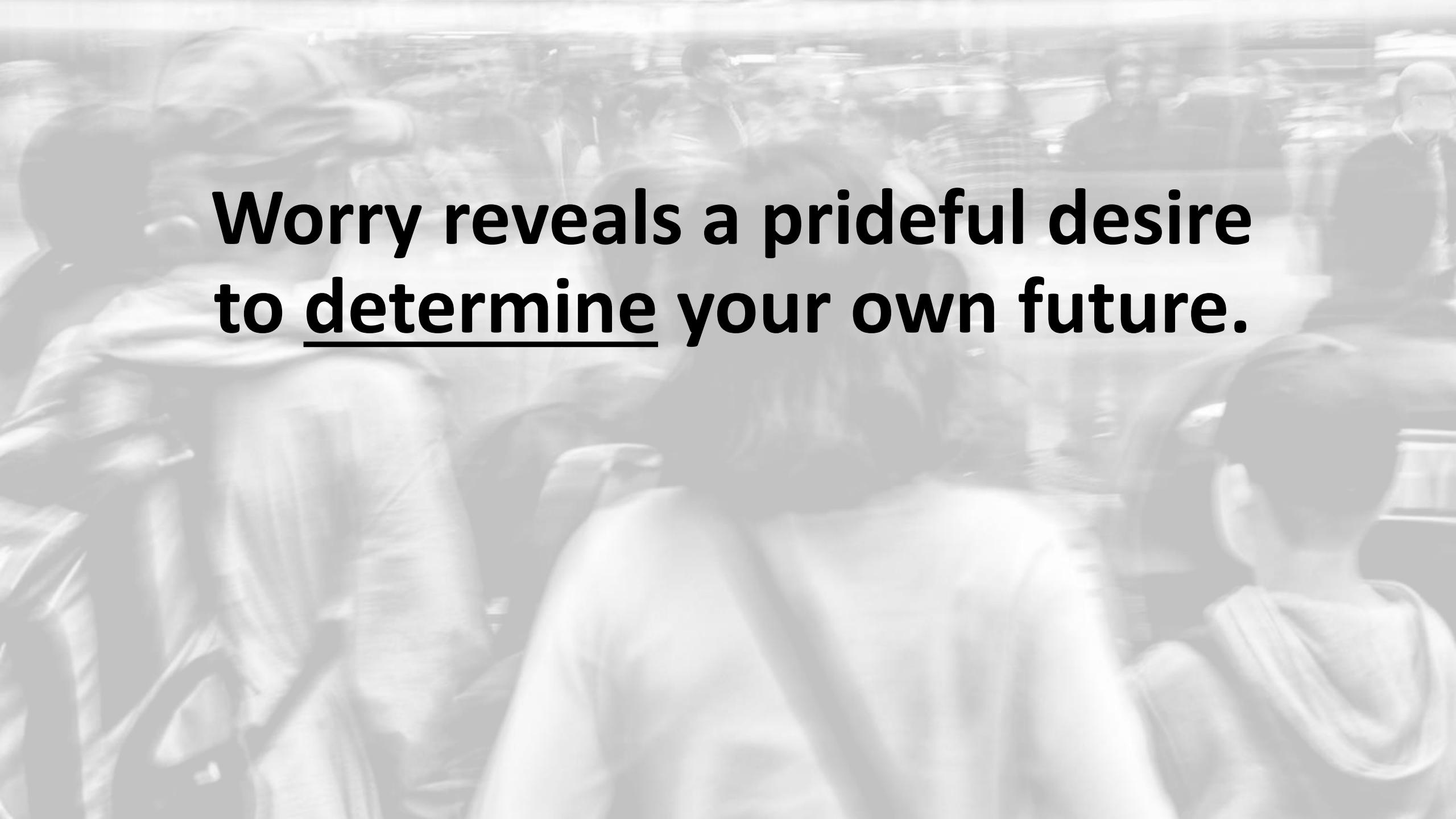
**Why is worrying an
affront to God?**



**How can you fight the
temptation to worry?**



**Why is worrying an
affront to God?**

A black and white photograph showing a group of people, likely students, seated in rows in what appears to be a classroom or lecture hall. They are all looking towards the front of the room, where a teacher or lecturer is presumably standing. The lighting is somewhat dim, creating a focused atmosphere.

**Worry reveals a prideful desire
to determine your own future.**

Matthew 6:25

For this reason I say to you,
do not worry about your life,
as to what you will eat,
or what you will drink;
nor for your body,
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as to **what you will put on.**

Worry reveals a fear that your
future will not go as **you** desire
irrespective of what **God** desires.

American Values

- 84% of Americans believe that **enjoying yourself** is the highest goal of life.
- 86% believe that enjoyment will come from pursuing the things you desire most.
- 91% affirm the statement:
“To find yourself, look within yourself.”

Matthew 6:32-33

**But you, seek first His kingdom
and His righteousness...**

A black and white photograph showing a group of people, likely students, seated in rows in what appears to be a classroom or lecture hall. They are all looking towards the front of the room, where a teacher or speaker might be standing. The lighting is somewhat dim, creating a focused atmosphere.

Worry reveals a prideful desire to determine your future.

**Worry reveals a prideful desire
to control your own future.**

Matthew 6:31

“What will **we** eat?” “What will **we** drink?”
“What will **we** wear for clothing?”

Matthew 6:27

And who of you by worrying can add
a single hour to his life?

*Not only does worry not add
to your life, it shortens it.*



Worry reveals a prideful desire to determine your future.

Worry reveals a prideful desire to control your future.

Worry reveals a distrust in God.

Matthew 6:26

Look at the birds of the air, that they do not sow,
nor reap, nor gather into barns,
and yet your heavenly Father feeds them.
Are you not worth much more than they?

Matthew 6:28-30

And why do you worry about clothing? Observe how the lilies of the field grow; they do not toil nor do they spin, yet I say to you that not even Solomon in all his glory clothed himself like one of these. But if God so clothes the grass of the field, which is alive today and tomorrow is thrown into the furnace, will He not much more clothe you.

Matthew 6:31-32

Do not be anxious then, saying,
“What shall we eat?” or “What shall we drink?”
or “With what shall we clothe ourselves?”
For all these things the Gentiles eagerly seek;
for your heavenly Father knows
that you need all these things.

Matthew 6:31-32

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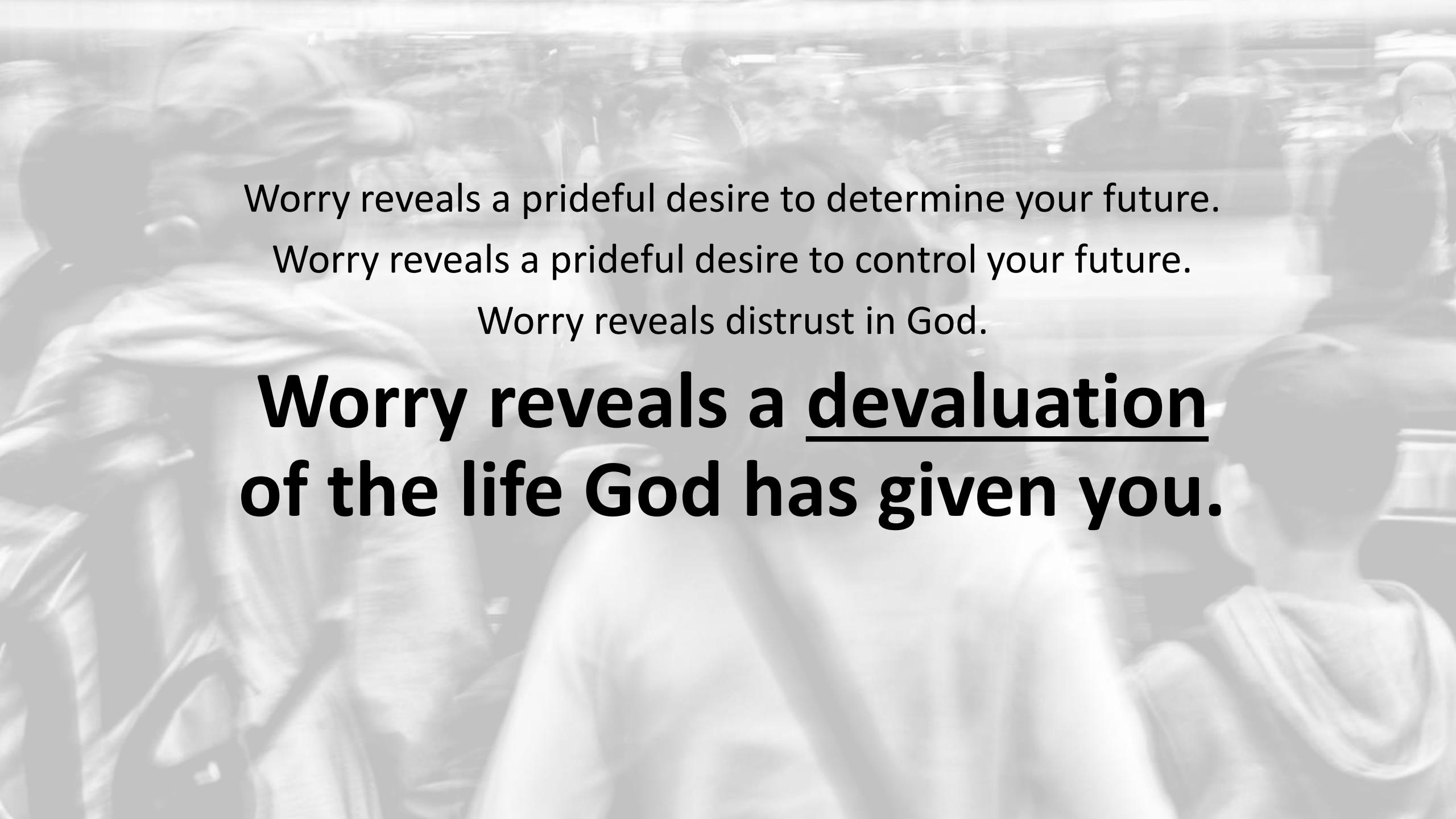
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and tomorrow is thrown into the furnace,
will He not much more clothe you,
You of little faith?

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will He not much more clothe you,

You of little faith?



Worry reveals a prideful desire to determine your future.

Worry reveals a prideful desire to control your future.

Worry reveals distrust in God.

**Worry reveals a devaluation
of the life God has given you.**

Matthew 6:25

For this reason I say to you,
do not worry about your life,
as to what you will eat, or what you shall drink;
nor for your body, as to what you will put on.

Is not life more than food,
and the body more than clothing?

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**Is not life more than food,
and the body more than clothing?**

Matthew 6:26

Look at the birds of the air, that they do not sow,
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Are you not worth much more than they?

Matthew 6:26

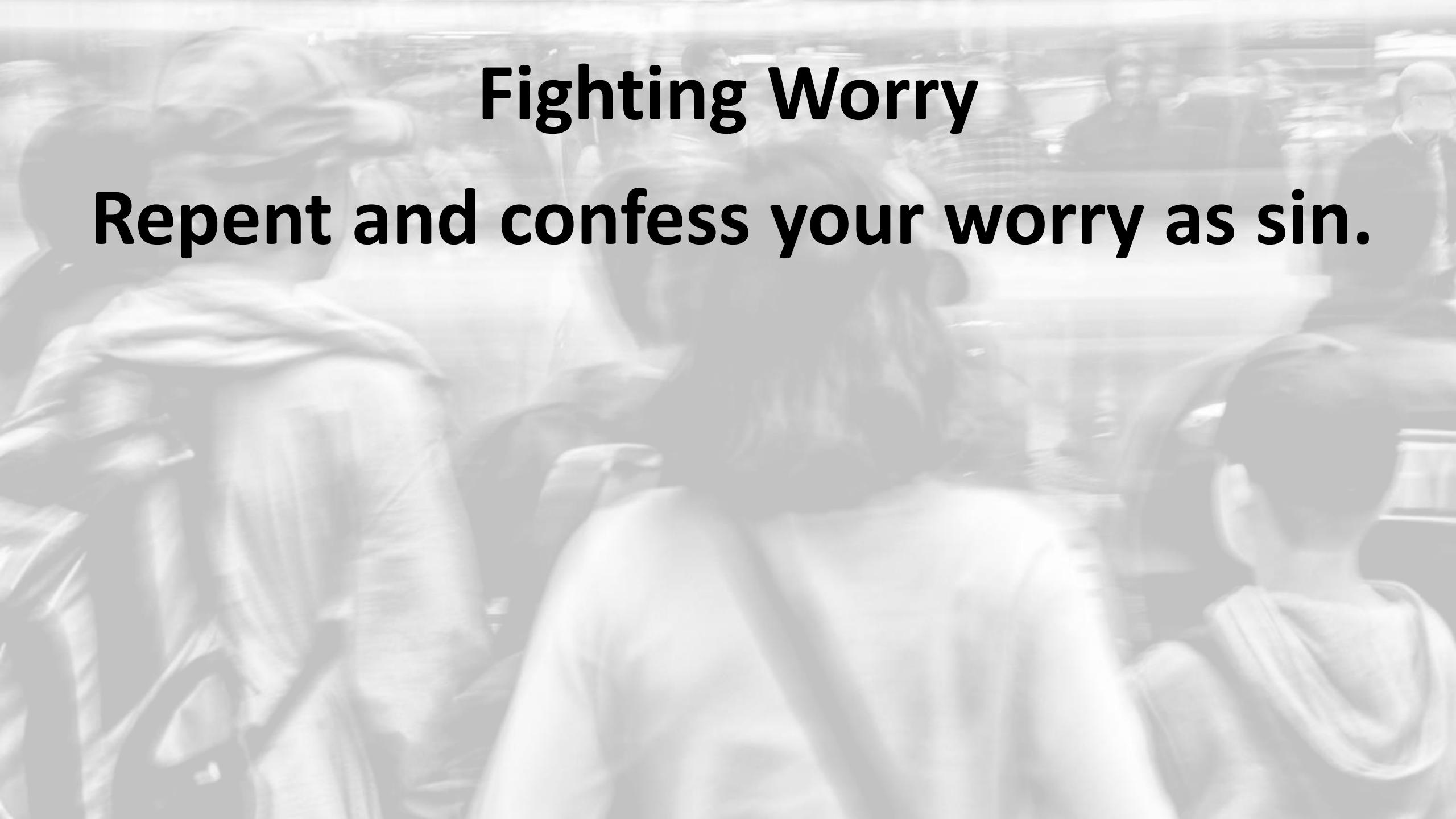
Look at the birds of the air, that they do not sow,
nor reap, nor gather into barns,
and yet your heavenly Father feeds them.

Are you not worth much more than they?

Worrying about the cheap stuff
of this world reveals a cheapened
view of yourself.



**How can you fight the
temptation to worry?**

A black and white photograph showing a group of people gathered around a person who appears to be lying down, possibly in a hospital or medical setting. The scene is somewhat blurry, suggesting movement or a candid shot.

Fighting Worry

Repent and confess your worry as sin.

Why should you repent and confess?

**Because Jesus has commanded
you not to worry.**

Matthew 6:25-34

25 For this reason I say to you, do not worry...

31 Do not worry then...

34 So do not worry...

Why should you repent and confess?

Because when you are worrying,
you are turning away from God
and despising His care for you.

Matthew 6:24

No one can serve two masters;
for either he will hate the one and love the other,
or he will hold to one and despise the other.
You cannot serve God and wealth.

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for either he will hate the one and love the other,
or he will hold to one and despise the other.

You cannot serve God and wealth.

Matthew 6:25

For this reason I say to you, do not worry...

Why should you repent and confess?

**Because when you are worrying,
you are acting like an unbeliever!**

Matthew 6:32-33

For the Gentiles eagerly seek
all these things...

but you, seek first...

How will you respond?

*Will you let God search you and try
you in regard to your worry?*

*Will you acknowledge your worry as
sin and to stop trying to hide it?*

Fighting Worry

Repent and confess your worry as sin!

Get to know your God well.

Matthew 6:26

Look at the birds of the air, that they do not sow,
nor reap, nor gather into barns,
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Look = Consider, think about intently.

What are you to think about?

Matthew 6:26

Look at the birds of the air, that they do not sow,
nor reap, nor gather into barns,
and yet **your heavenly Father feeds them.**
Are you not worth much more than they?

Matthew 6:28-30

Observe how the lilies of the field grow;
they do not toil nor do they spin, yet I say to you
that not even Solomon in all his glory clothed
himself like one of these. But if God so clothes the
grass of the field, which is alive today
and tomorrow is thrown into the furnace,
will He not much more clothe you,
You of little faith?

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grass of the field, which is alive today
and tomorrow is thrown into the furnace,
will He not much more clothe you,
You of little faith?

Observe = Note well,
learn thoroughly from.

What are you to learn?

Matthew 6:28-30

Observe how the lilies of the field grow;
they do not toil nor do they spin, yet I say to you
that not even Solomon in all his glory clothed
himself like one of these.

But if God so clothes the grass of the field, which is alive today
and tomorrow is thrown into the furnace,
will He not much more clothe you,
You of little faith?

Consider and learn well the power
and character of your God.

*You cannot trust in a God
you do not know.*

Fighting Worry

Repent and confess your worry as sin!

Get to know your God well.

**Learn to take your thoughts
captive with truth.**

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and tomorrow is thrown into the furnace,
will He not much more clothe you,
You of little faith?

Looking and observing require you to redirect the attention of your mind.

2 Corinthians 10:5

We are destroying speculations and every lofty
thing raised up against the knowledge of God,
and we are taking every thought captive
to the obedience of Christ.

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thing raised up against the knowledge of God,

and **we are taking every thought captive**
to the obedience of Christ.

Fighting Worry

Repent and confess your worry as sin!

Get to know your God well.

Learn to take your thoughts captive with truth.

**Reorder your values
and mission in life.**

Christian Values

- 66% of church-going people believe that enjoying yourself is the highest goal of life.
- 72% believe that enjoyment will come from pursuing the things you desire most.
- 76% affirm the statement, “To find yourself, look within yourself.”

To stop worrying you will need to
reconsider what you treasure,
refocus your dreams, and
remember your Master.

Reorder your life!

Matthew 6:33

But seek first His kingdom and His righteousness;
and all these things will be added to you.

Matthew 6:33

But **seek first** His kingdom and His righteousness;
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Matthew 6:33

But **seek** first His kingdom and **His righteousness;**
and all these things will be added to you.

Seeking His kingdom and His
righteousness will not only
reorder your values, but it will
reorder your mission.

Are you ready to give up your
worry to the Lord?

*When you do, you will find
Him to be a joyful caretaker!*