

The Heart of Worry

Matthew 6:25-34

Two Background Questions:

- Why does God command you?
 - Are you responsible for your emotions?
1. What is worry?
 - a. What does it mean to worry?

 - b. How is worry different from concern or wise forethought?
 2. What are the objects of worry?
 - a. The necessities of your life.

 - b. The desires/pleasures/aspirations of your life.

 - c. The people of your life.

 - d. The condition of your life.
 3. Why is worrying an affront to God?
 - a. It is prideful, destructive pursuit of independence.

 - b. It reveals distrust in the sovereignty and goodness of God.

The Heart of Worry



Matthew 6:25-34
Part Two

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?

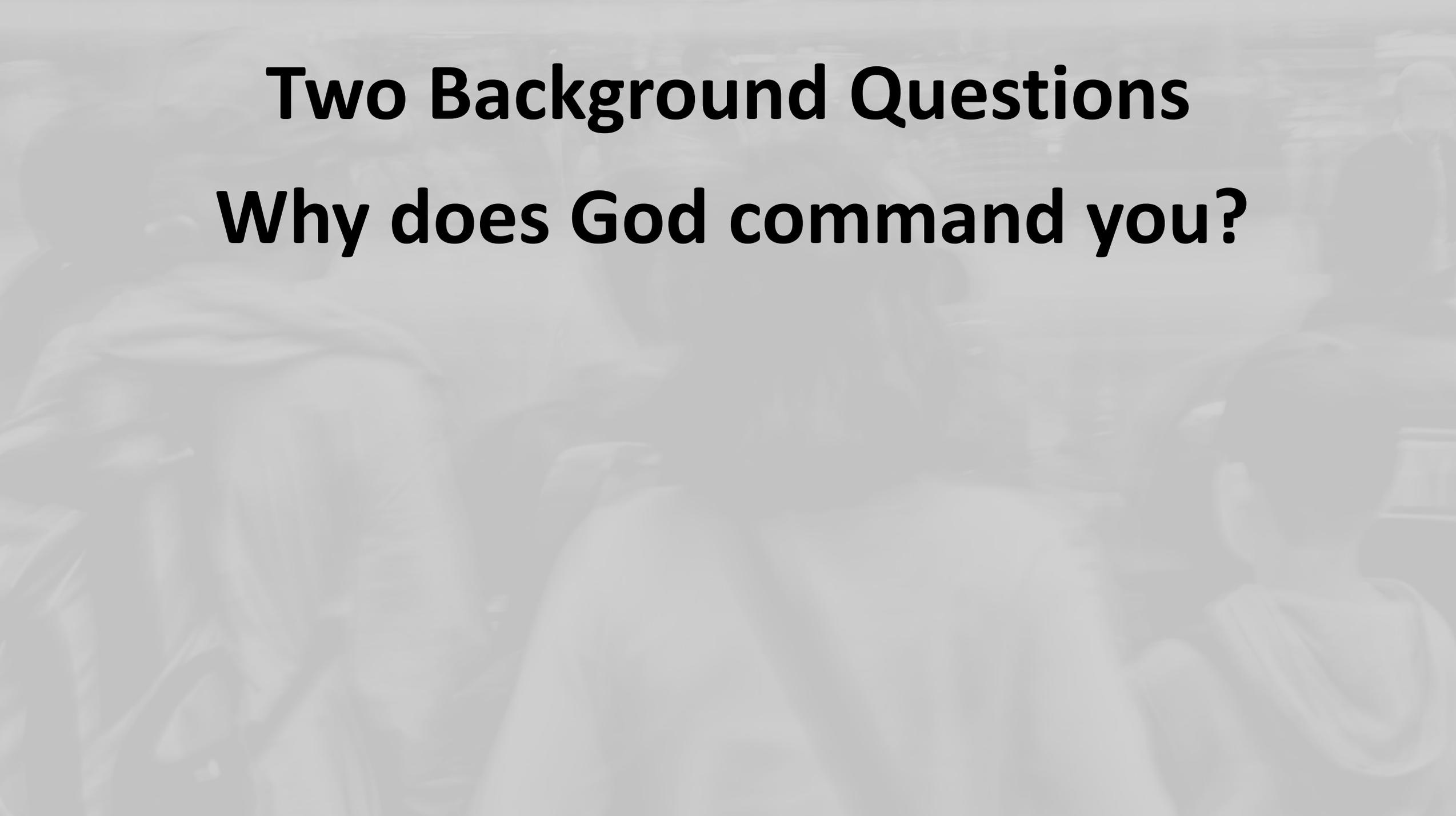
Matthew 6:25-34

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.



Two Background Questions

Why does God command you?

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...**





2 Peter 1:2-3

Grace and peace be multiplied to you
in the knowledge of God and of Jesus our Lord;
seeing that His divine power has granted to us
everything pertaining to life and godliness...

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Grace and **peace be multiplied to you**

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Two Background Questions

Why does God command you?

**Are you responsible for
your emotions?**

Because you control your thoughts and because you determine your values, you are responsible for your emotions.

Psalm 94:19

When my anxious thoughts multiply within me,
Your consolations delight my soul.

Psalm 119:52

I have remembered Your everlasting ordinances,
O LORD, and comfort myself.

Psalm 94:19

When my anxious thoughts multiply within me,

Your consolations delight my soul.

Psalm 119:52

I have remembered Your everlasting ordinances,
O LORD, and comfort myself.

Psalm 94:19

When my anxious thoughts multiply within me,

Your consolations delight my soul.

Psalm 119:52

I have remembered Your everlasting ordinances,

O LORD, **and comfort myself.**

1 Thessalonians 4:13

But we do not want you to be uninformed,
brethren, about those who are asleep,
that you may not grieve,
as do the rest who have no hope.

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brethren, about those who are asleep,
that you may not grieve,
as do the rest who have no hope.

A grayscale image of two hands clasped together in a prayerful gesture, with fingers interlaced. The hands are positioned centrally, and the text 'What is worry?' is overlaid in a bold, black, sans-serif font across the middle of the image. The background is a soft, out-of-focus light gray.

What is worry?

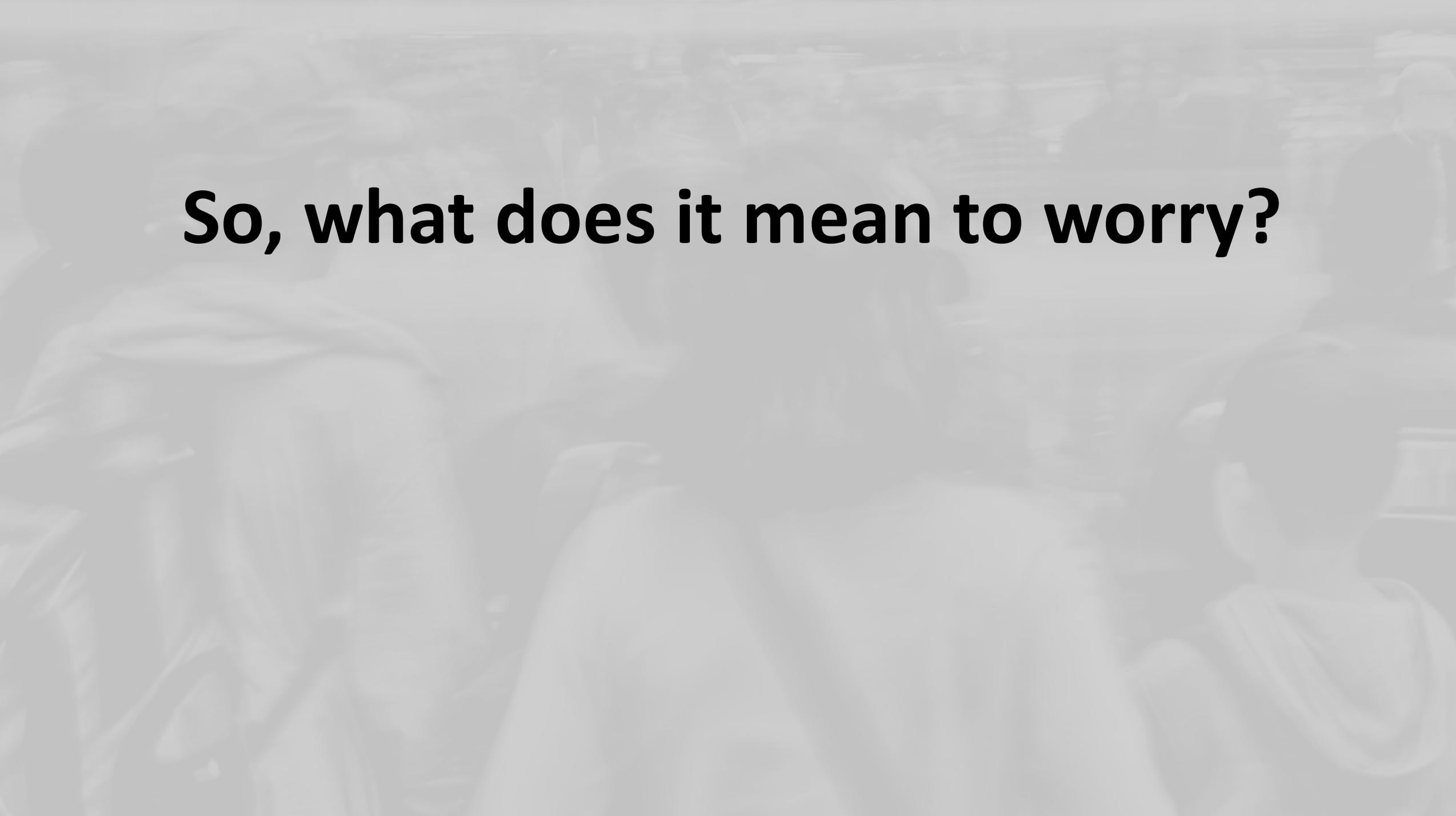
Jesus commands us not to worry.

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...**



So, what does it mean to worry?

To worry is to nurse *your own* thoughts or imaginations about uncertainties that you perceive as threats to your well-being.

We worry about uncertainties.

31 What will we eat?

31 What will we drink?

31 What will we wear for clothing?

34 So do not worry about **tomorrow...**

Worry is faithless and independent.

Matthew 6:32

...for your heavenly Father knows that
you need all these things.

*Your Father knows **what** you need,
and you are ultimately dependent
upon Him **for** your needs.*

Matthew 6:30

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

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which is alive today and tomorrow is thrown into
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You of little faith?

What does it mean to worry?

**So, how is worry different from
concern or wise forethought?**

The word translated as *worry* is also translated as *care* or *concern*.

1 Corinthians 12:25

...but that the members *of the body* should
care for one another.

Philippians 2:20

For I have no one else of kindred spirit who will
genuinely **care** about your welfare.

This care is good because...

- It is subordinate to God's will.
- It is dependent upon His power.

What about forethought or planning?

Proverbs 21:5

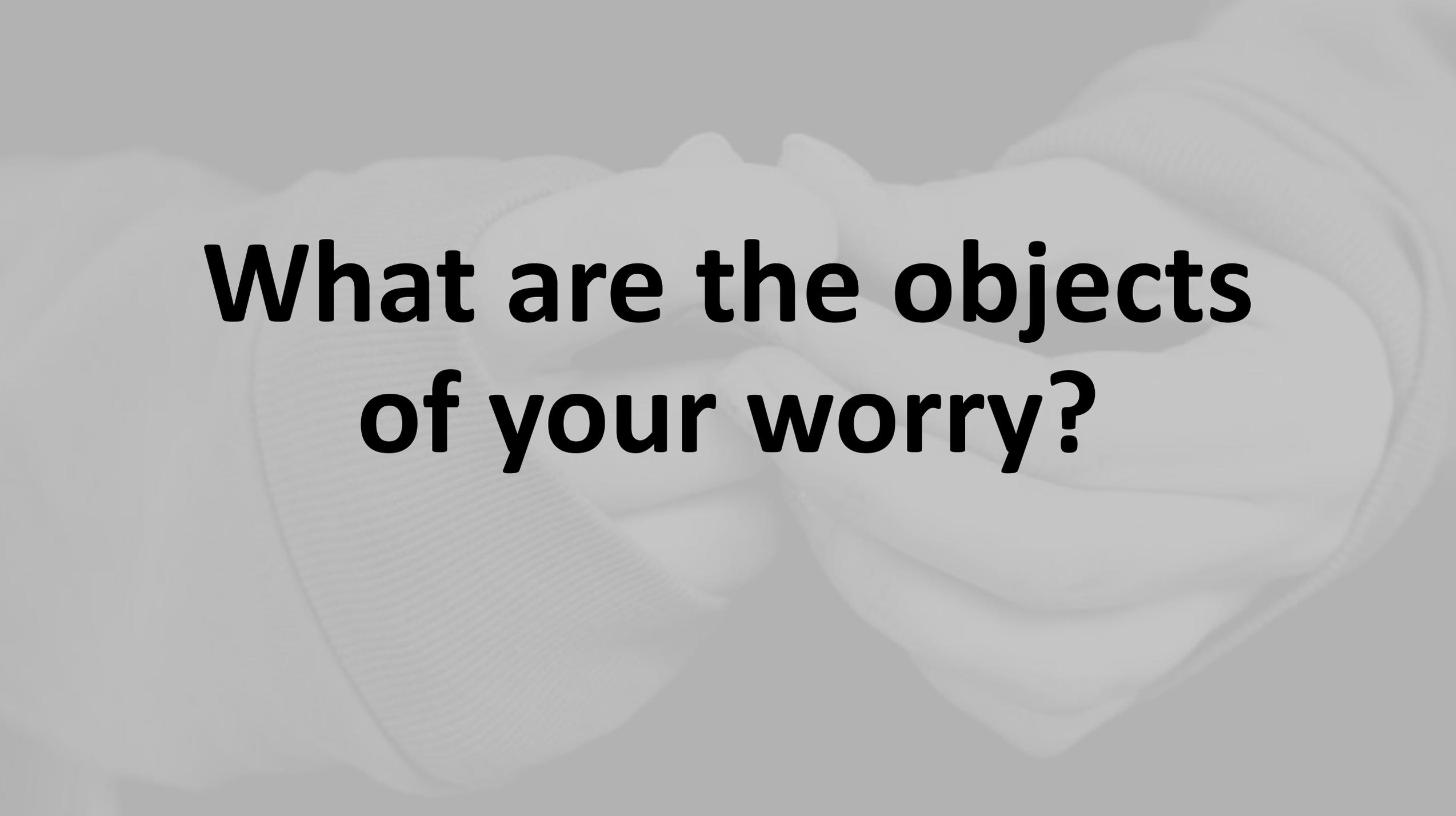
The **plans** of the diligent lead surely to advantage,
But everyone who is hasty comes surely to poverty.

Isaiah 32:8

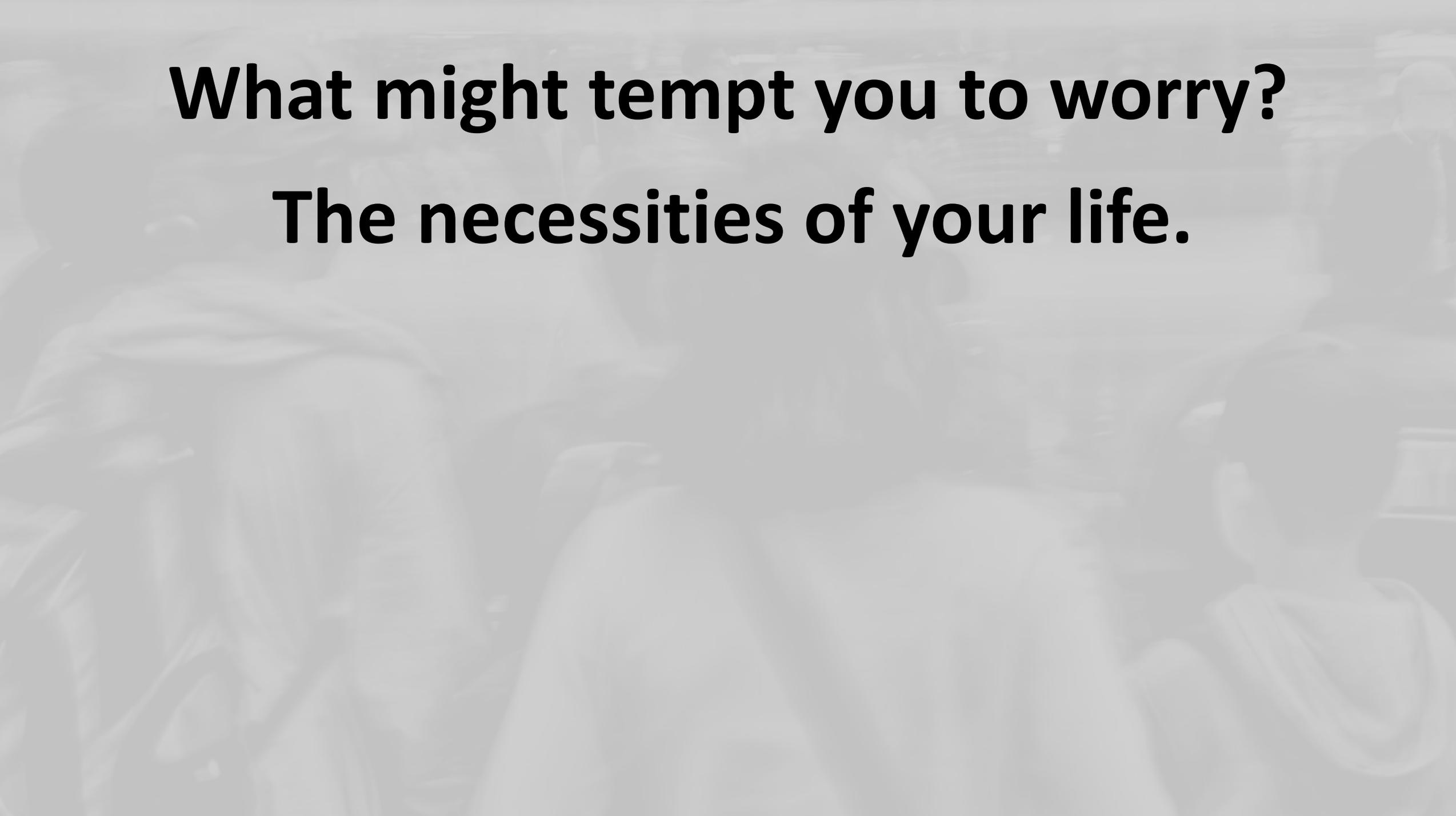
But the noble man devises noble **plans**;
And by noble **plans** he stands.

Forethought is wise and good when...

- It is subordinated to the will of God.
- It is entrusted to His goodness by faith.



**What are the objects
of your worry?**



What might tempt you to worry?

The necessities of your life.

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,
as to what you will put on.

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

Matthew 6:25

For this reason I say to you,
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What might tempt you to worry?

The necessities of your life.

**The desires/pleasures/aspirations
of your life.**

Matthew 6:25

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Matthew 6:25

For this reason I say to you,

do not worry **about your life,**

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Matthew 6:25

For this reason I say to you,
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as to **what you will eat,**

or **what you will drink;**

nor for your body,
as to what you will put on.
Is not life more than food,
and the body more than clothing?

Eating and drinking are
representative of the enjoyments
and the hopes and dreams of life.

Luke 17:27-28

[In the days of Noah] they were **eating**, they were **drinking**, they were marrying, they were being given in marriage, until the day that Noah entered the ark, and the flood came and destroyed them all.

It was the same as happened in the days of Lot: they were **eating**, they were **drinking**, they were buying, they were selling, they were planting, they were building...

What might tempt you to worry?

The necessities of your life.

The desires/pleasures/aspirations of your life.

The people of your life.

Matthew 6:25

For this reason I say to you,
do not worry about your life,
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Is not life more than food,
and the body more than clothing?

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,
You of little faith?

In this context, clothing is more than protective covering; it represents how you appear to others.

Think: “Dress for success!”

James 2:3-4

If...you pay special attention to the one who is wearing the fine clothes, and say, "You sit here in a good place," and you say to the poor man, "You stand over there, or sit down by my footstool," have you not made distinctions among yourselves, and become judges with evil motives?

The fear of what other people think has always been an undeniable source of great worry.

What might tempt you to worry?

The necessities of your life.

The desires/pleasures/aspirations of your life.

The people of your life.

The condition of your life.

Matthew 6:25 and 33-34

For this reason I say to you,
do not worry about **your life**.

We are tempted to worry about the conditions of our life -- our health, our environment, etc.

But we are also tempted to worry about the condition of our souls.

Matthew 6:25 and 33-34

For this reason I say to you,
do not worry about **your life (soul)**.

33...but seek first His kingdom and His righteousness.

Hebrews 2:15

He might free those who through fear of death were subject to slavery all their lives.

Hebrews 2:15

He might free those who through **fear of death**
were subject to slavery all their lives.

But for believers...

1 John 4:17-18

By this, love is perfected with us,
so that we may have confidence in the day of judgment;
because as He is, so also are we in this world.

There is no fear in love; but perfect love casts out fear,
because fear involves punishment,
and the one who fears is not perfected in love.

As you embrace God's design and
plan for your life and learn to entrust
yourself to *His* care,
***you will increasingly experience
your emotions as God intended.***