

# **WHY WORRY?**

## **Matthew 5:25-34**

**Today we can learn to analyze and overcome worry!**

### **I. A PICTURE OF WORRY** - Exodus 14-17

#### **A. ISRAEL'S CONCERNS**

1. Worried about their safety - Ex. 14:10-12 (see also Num. 13:31-14:3)
2. Worried about starvation - Ex. 16:1-3
3. Worried about thirst - Ex. 17:1-3

#### **B. ISRAEL'S CONDUCT**

1. Fear (14:10)
2. Grumbling (16:2)
3. Quarreling (17:2)

#### **C. A CONCLUSION**

- Worried people are often disturbed and dissatisfied

### **II. THE PROBLEM OF WORRY** - Matthew 6:25-32

#### **A. OUR FOCUS IS TEMPORAL (25a)**

1. It should be spiritual (16-24)
2. But our concerns are physical
3. And if they're not physically oriented they become future oriented - see v. 34

#### **B. OUR THINKING IS SKEWED (25b)**

1. We become deceived about what's important - See Matt. 13:22
2. We become divided in our energies - Note Luke 10:41

#### **C. OUR FAVOR IS DIMINISHED (26)**

1. God's Work: Feeding nonproducing birds
2. Our Worth: We are of much more value than them

#### **D. OUR FRUSTRATION IS HIGH (27)**

1. Recognition: Worry can't add hours to our lifespan nor inches to our stature
2. Reality: Worry doesn't work

Over please >

#### E. OUR FAITH IS LOW (28-30)

1. Observation: God splendidly, luxuriously clothes flowers
2. Question: If He can clothe them can He not clothe you?
3. Conclusion: You have little faith (because you are worrying about such things (25))

#### F. OUR FEAR IS HEATHENISH (31-32)

1. The Gentiles (unbelieving) are anxious
2. But believers are assured

### III. SOME PRESCRIPTIONS FOR WORRY

#### A. REFOCUS ON GOD

1. The Priority - Matthew 6:33
  - a. Seek God's work (kingdom) and ways (righteousness)
  - b. Watch God work
2. Some Practices - Psalm 37:3-7
  - a. Trust in the Lord (3)
  - b. Delight in the Lord (4)
  - c. Commit to the Lord (5-6)
  - d. Rest in the Lord (7)

#### B. RELAX IN GOD'S CARE

1. Be Satisfied - Psalm 131:1-2
2. Be Assured - Isaiah 41:10
3. Be Impressed - Matthew 10:29-31

#### C. REQUEST GOD'S ASSISTANCE - Philippians 4:6

1. Pray: Prayer and supplication
2. Praise: Thanksgiving
3. Petition: Let your requests be made known to God

#### D. RELEASE ALL TO GOD - I Peter 5:7

1. Cast all your cares on Him
2. Count on God's care for you

### CONCLUSION:

The world says "Don't worry ... be happy"

The Word says "Don't worry ... be holy"

**May God help us wholly trust Him and turn way from sinful worry**

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