

QUESTIONS JESUS ASKED



WHY DO YOU WORRY?

August 7, 2022

Matthew 6:25-34(ESV)

²⁵ “Therefore I tell you, do not be anxious 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? ²⁶ Look at the birds of the air: they neither sow nor reap nor gather into barns, and yet your heavenly Father feeds them. Are you not of more value than they? ²⁷ And which of you by being anxious can add a single hour to his span of life? ²⁸ And why are you anxious about clothing? Consider the lilies of the field, how they grow: they neither toil nor spin, ²⁹ yet I tell you, even Solomon in all his glory was not arrayed like one of these. ³⁰ But if God so clothes the grass

of the field, which today is alive and tomorrow is thrown into the oven, will he not much more clothe you, O you of little faith? ³¹ Therefore do not be anxious, saying, ‘What shall we eat?’ or ‘What shall we drink?’ or ‘What shall we wear?’ ³² For the Gentiles seek after all these things, and your heavenly Father knows that you need them all. ³³ But seek first the kingdom of God and his righteousness, and all these things will be added to you.

³⁴ “Therefore do not be anxious about tomorrow, for tomorrow will be anxious for itself. Sufficient for the day is its own trouble.

Introduction

Why do you worry?

“Here is my servant, whom I have chosen, my beloved, with whom my soul is well pleased. I will put my Spirit upon him, and he will proclaim justice to the Gentiles. He will not wrangle or cry aloud, nor will anyone hear his voice in the streets. He will not break a bruised reed or quench a smoldering wick until he brings justice to victory. And in his name the Gentiles will hope.” (Matthew 12:18-21)

1. “Therefore!”

1. Two Storehouses (vv19-21)
2. Two Kinds of Vision (vv22-3)
3. Two Masters (v24)

2. “merimnao”

1. Therefore, do not worry about your life [as defined by] food, drink, and clothes (25).
2. Therefore, do not worry about food, drink, or clothes (31).
3. Therefore, do not worry about tomorrow (34).

Conclusion

- Is my life more than food and my body more than clothing?
- Am I more valuable than birds to God?
- Can I add anything to my life by worrying?
- Do I think that God’s provision is sufficient for me?

How to Alleviate Worry

1. Check your foundations.
2. Answer the questions.
3. Seek help if you struggle to answer any of them.

How to Minimize Worry

4. Prioritize the kingdom/rule of God in your life through righteous living.