

## **What Does Jesus Teach About Worry?**

### **November 30, 2025**

**Worry:** to be anxious, to worry, to take thought, to be careful, to be unduly (*excessively*) concerned, to be distracted

**Matthew 13:7,** *“Some seed fell among the thorns, and the thorns came up and choked them out.”*

**Matthew 13:22,** *“The one on whom seed was sown among the thorns, this is the man who hears the word, and the worries of the world choke the word.”*

**Matthew 6:25,** *“Do not be worried 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.”*

**Matthew 6:31,** *“Do not worry, saying, ‘What will we eat?’ or ‘What will we drink?’ or ‘What will we wear for clothing?’”*

**Matthew 6:34,** *“Do not worry about tomorrow.”*

#### **1. Worry is Inconsistent**

**Matthew 6:25,** *“Do not be worried 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?”*

#### **2. Worry is Irrational**

**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?”*

#### **3. Worry is Ineffective**

**Matthew 6:27,** *“Who of you by being worried can add a single hour to his life?”*

#### **4. Worry is Illogical**

**Matthew 6:28-30**, *“Why are you worried about clothing? Observe how the lilies of the field grow; they do not toil nor do they spin, <sup>29</sup> yet I say to you that not even Solomon in all his glory clothed himself like one of these. <sup>30</sup> 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!”*

#### **5. Worry is Irresponsible**

**Matthew 6:31-32**, *“Do not worry, saying, ‘What will we eat?’ or ‘What will we drink?’ or ‘What will we wear for clothing?’ <sup>32</sup> For the Gentiles eagerly seek all these things; for your heavenly Father knows that you need all these things.”*

#### **6. Completely Commit Your Life to Jesus**

**Matthew 6:33**, *“Seek first God’s kingdom and His righteousness, and all these things will be added (given) to you.”*

#### **7. Live One Day at A Time**

**Matthew 6:34**, *“Do not worry about tomorrow; for tomorrow will care for itself. Each day has enough trouble of its own.”*

**Psalms 103:12**, *“As far as the east is from the west, so far has the Lord removed our sins from us.”*

**Isaiah 26:3**, *“You will keep in perfect peace all who trust in You, all whose thoughts are fixed on You!”*