

Lesson 1: Do Not Worry

Reference: **Please Read:** **Matthew 6:25-34**; Luke 12:22-34

Theme: Maintain the Rhythm of Life by Keeping our Priorities on God's Kingdom as #1

Context: A Continuation of His Sermon on the Mount Concerning the Kingdom of God

Introduction:

The Greek word for "worry" in verse 25 is merimnao in the imperative, meaning it's a command. Many think that worrying about a matter is somehow being responsible and conscientious; however, the Lord is commanding us not to worry about anything.

Commanded not to Worry

- Commanded not to worry about the daily necessities of life- food, drink or clothing
- Whether we are talking about legitimate needs or desires and wants
- Nor should we worry about providing for our children- **Isaiah 40:11**
- The Lord is our Shepherd, we have nothing to worry about- **Psm 23; John 10:7-18, 25-30**
- Is there anything too hard for the Lord? **Gen. 18:14; Jer. 32:17,27; Mk. 9:23; Ro. 8:31-32**
- Look how God provided for Elijah during famine- **1 Kings 17:1-16**
- Jesus multiplied the bread and fish to feed thousands- **Matthew 15:32-38; John 6:5-15**
- Our faith can be so small when it comes to trusting God as our source- provider & healer

Psalms 37:25-26

I was young and now I am old, yet I have never seen the righteous forsaken or their children begging bread. They are always generous and lend freely; their children will be blessed.

- Notice the statement Jesus made about the birds not storing up food for themselves
- In other words, trusting God for our "Daily Bread" as in the disciple's prayer- **Luke 11:3**
- Early on the disciples were instructed by the Lord not to take anything with them
- This was clearly a test of faith, to show that God was their source- **Matthew 10:9-10**
- Just before Jesus was crucified He reminded them of God's provision- **Luke 22:35-38**
- Without faith it's impossible to please God and everything that does not come from faith is sin- **Hebrews 11:6; Romans 14:23.**
- We are worth so much more to God than the birds; Jesus gave His life for us!

Jesus goes on to tell us the futility of worry, it cannot change things, but rather makes matters worse. Matthew 6:27, *"Who of you by worrying can add a single hour to his life?"*

- **Question:** "Would it be a sin to worry about anything then?"

Worry, Anxiety & Cares – Fear!

- **Please Read: Philippians 4:4-9**
- The Bible mentions over 100 times not to fear or be afraid
- **Question:** “Why shouldn’t we be afraid about anything?”

1 John 4:18, “There is no fear in love. But perfect love drives out fear, because fear has to do with punishment. The one who fears is not made perfect in love.”

- I believe that worry, anxiety and fretting are all forms of fear
- There is a godly fear of reverence and respect for God- we are not talking about that
- I’m talking about the fear that comes from the devil to doubt the goodness of God
 - o Has brought the goodness of God into question since the beginning- **Gen 3:1-5**
- Yielding to this kind of fear is a temptation that opens the door to the enemy
 - o **2 Timothy 1:7; Hebrews 2:14-15; 1 Peter 3:14-15**
- Take Job for instance who opened the door to attack because of fear
- Job 3:25, “*What I feared has come upon me; what I dreaded has happened to me.*”
- Men should comfort women who are particularly susceptible to fear & turmoil- **1 Pt. 3:6**

Matthew 10:28-31, “Do not be afraid of those who kill the body but cannot kill the soul. Rather, be afraid of the One who can destroy both soul and body in hell. Are not two sparrows sold for a penny? Yet not one of them will fall to the ground apart from the will of your Father. And even the very hairs of your head are all numbered. So don’t be afraid; you are worth more than many sparrows.”

- Bottom line of Matthew 6:30, worry is lack of faith, doubting God’s will or ability
- The world runs after material and natural things; bound by their five senses
 - o **Ephesians 4:17; Philippians 3:19; 1 Peter 1:18-19; 1 John 2:15-17.**
- Jesus tells us elsewhere to ask and we will receive- **Matthew 7:7-8; John 16:23-24.**

It is true that the Father knows what we need, but that does not mean God’s provision is automatic, we still have to live by faith and not by sight- **2 Corinthians 5:7; Hebrews 11.**

Distracting Cares

The world is full of distractions, all competing for our attention. The world system, under Satan’s control is all about getting our eyes off of Jesus- **1 John 2:15-17; 5:19; Ephesians 2:1-2.**

1 Peter 5:7 AMP, “Casting the whole of your care- all your anxieties, all your worries, all your concerns, once and for all- on Him; for He cares for you affectionately, and cares about you watchfully.”

The word “Care” above in Vines Expository Dictionary: To draw in different directions, to distract- get our attention off of Jesus and the Word- **Mt. 14:28-31; Col. 3:1-2; Heb. 3:1; 12:2.**

- Jesus talked at length about not worrying about our lives in **Matthew 6:25-34**
- Resist worry like you resist any other temptation- **Ps. 37:35; Isaiah 26:3 Philippians 4:8.**

When we give into worry, we are saying to the Father God, “Father I’m sorry, but I just don’t think you are competent to handle this one; I’d be better off taking care of it myself.”

Mark 4:19 AMP

Then the cares and anxieties of the world and distractions of the age, and the pleasure and delight and false glamour and deceitfulness of riches, and the craving and passionate desire for other things creep in and choke and suffocate the Word, and it becomes fruitless.

Question: “How do the ‘Worries of this life, deceitfulness of wealth & desires for other things’ creep in and choke and suffocate the word?”

- They choke out the things of God in our lives, by becoming weights and sins- **Heb. 12:1**
- Rather in verse 2, *“Let us fix our eyes on Jesus, the author and perfecter of our faith”*
- Word of God is the sword of our spirit to do battle against the world, flesh and the devil
 - o **Luke 4:1- 13; Ephesians 6:17; 1 Timothy 6:12; 2 Timothy 4:7; Hebrews 4:12.**
- The battleground is dealing with the seed thoughts; power of suggestion in the mind
 - o **2 Corinthians 10:3-5; Ephesians 6:16.**
 - o Proverbs 23:7 NKJV, *“For as he thinks in his heart, so is he.”*

If we would meditate and speak the Word continually and keep the devil in the realm of faith, we will defeat him every time. Let’s not allow him to pull us into the sense and reason realm.

- Remember Peter when he walked on the water to Jesus. It was not until he got his eyes off of the Lord and onto the waves and wind that he began to sink- **Matthew 14:28-31.**
 - o **Isaiah 26:3; Hebrews 3:1; Colossians 3:1-2**

Seek First His Kingdom

When we put God and His Word first place in our lives it shows where our heart is; this is the highest expression of love and devotion we can give- **Mt. 6:33-34; John 14:15, 23-24; 15:10.** So it comes down to a willingness and obedience on our part that counts- **Isa 1:19-20**

- Let’s not be like Martha who was distracted and loaded with cares- **Luke 10:40-42.**
 - o Acts 17:28, *“For in him we live and move and have our being.”*
- People think that if you are not worrying, than you don’t care. No I care so I don’t worry and so turn the problem into the hands of the Lord who can do something about it.