

WINNING OVER WORRY

1. Text: Matthew 6:25-34
2. Text from sermon on the mount on discipleship in living for and serving God. In its heart this practical section on worry.

I. **The Point: It's Against Worry**

1. Calvin Coolidge story:
2. What is it? Dictionary: To be uneasy about uncertain or threatening matters. To be distressed, troubled, anxious, unduly (excessively, immoderately) concerned. Word worry from old English: to struggle, to be anxious from Latin word to torment.

II. **Problems**

1. Translation of King James Version. Greek word is merimna and six times in this passage (verses 25,27,28,31,34(2)), but translated "take thought," so sounds like don't even think about matters, be empty-headed. Also, translated care, careful which can be misleading.
2. Worry over worry. Guilt over worry. Sermons like this? There's a place for deep concern: reasonable and biblical. Same word for worry found in I Corinthians 12:25; II Corinthians 11:28; Philippians 2:20.
3. Unrealistic people. Who come across as never hurting, down, or worrying. Leave impression if you ever you have serious problems.

III. **Principles From Christ (From Text)**

1. See what's more important. Verse 25. Food and clothing versus life and body.
2. See your value. Verse 26. Observe birds and how Father feeds them. Aren't you of more value than they?
3. See worry as useless. Verse 27. By worry can you add 18 or any inches to your height?
4. See God's provisions. Verses 28-30. If God clothes the lilies, grass of the field will He not much more clothe you? Faith introduced. Philippians 4:6 Be anxious in nothing but in everything let your requests be made known to God.
5. See the contrast with the heathen and you. Verses 31-32. They worry about things because they don't know the Father who knows you need these things.
6. See your commitment to God as first. Verse 33. Do this and the other things will be added to you. Key to success over worry. See Luke 10:41-42 for Martha. Matthew 13:22 Worries of this world choked out word.
7. See living today because you cannot see tomorrow. Verse 34. Tomorrow personified. Live in "day-tight compartments." Most of our worries are in the future.

Conclusion: I Peter 5:7 Casting all your worries upon Him, for He cares for you or "you matter to Him."

