

Worry

**Take thought... care... anxiety or anxious...
burden... trouble... dread or fear**

Matthew 6:25-34

*"Therefore I say to you, do not **worry** 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? Look at the birds of the air, for they neither sow nor reap nor gather into barns; yet your heavenly Father feeds them. Are you not of more value than they? Which of you by **worrying** can add one cubit to his stature?"*

Matthew 6:25-34

*"So why do you **worry** about clothing? Consider the lilies of the field, how they grow: they neither toil nor spin; and yet I say to you that even Solomon in all his glory was not arrayed like one of these. Now if God so clothes the grass of the field, which today is, and tomorrow is thrown into the oven, will He not much more clothe you, you of little faith? Therefore do not **worry**, saying, 'What shall we eat?' or 'What shall we drink?'*

Matthew 6:25-34

"or 'What shall we wear?' For after all these things the Gentiles seek. For your heavenly Father knows that you need all these things.

*But seek first the kingdom of God and His righteousness, and all these things shall be added to you. Therefore do not **worry** about tomorrow, for tomorrow will **worry** about its own things. Sufficient for the day is its own trouble."*

Worry

"to be anxious, to be troubled with cares"

– Thayer's Greek-English Lexicon

"to be anxious about, or to have a distracting care" about something in the future

- Vine's Expository Dictionary of NT Words

Biblical Psychology 101



God's prescription for emotional and
spiritual stability

Worry, Fear and Anxiety

The Sermon on the Mount

**Five reasons why we should not be
troubled by worry**

**Worry distracts us from enjoying
spiritual blessings**

Matthew 6:25

"Therefore I say to you, do not worry 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?"

Luke 10:38-42

Now it happened as they went that He entered a certain village; and a certain woman named Martha welcomed Him into her house. And she had a sister called Mary, who also sat at Jesus' feet and heard His word. But Martha was distracted with much serving, and she approached Him and said, "Lord, do You not care that my sister has left me to serve alone? Therefore tell her to help me."

Luke 10:38-42

And Jesus answered and said to her, "Martha, Martha, you are worried and troubled about many things. But one thing is needed, and Mary has chosen that good part, which will not be taken away from her."



Worry makes us forget our worth

Matthew 6:26

"Look at the birds of the air, for they neither sow nor reap nor gather into barns; yet your heavenly Father feeds them. Are you not of more value than they?"

**Worry keeps us focused on things
we can't change**

Matthew 6:27

"Which of you by worrying can add one cubit to his stature?"

"Who of you by worrying can add any length to your lifespan?"

**Worry causes us forget God's promises
to provide for our needs**

Matthew 6:30-31

"Now if God so clothes the grass of the field, which today is, and tomorrow is thrown into the oven, will He not much more clothe you, O you of little faith? Therefore do not worry, saying, 'What shall we eat?' or 'What shall we drink?' or 'What shall we wear?'"

Hebrews 13:5

*Let your conduct be without covetousness;
be content with such things as you have.
For He Himself has said, "I will never leave you
nor forsake you."*

**Worry is characteristic of the unbeliever,
not the Christian**

Matthew 6:32

*"For after all these things the Gentiles seek.
For your heavenly Father knows that you need
all these things."*



Remember, you are not alone

Joshua 1:9

"Have I not commanded you? Be strong and of good courage; do not be afraid, nor be dismayed, for the Lord your God is with you wherever you go."

Isaiah 41:10

"Fear not, for I am with you; be not dismayed, for I am your God. I will strengthen you, yes, I will help you, I will uphold you with My righteous right hand."

Isaiah 41:10

"Fear not, for I am with you; be not dismayed, for I am your God. I will strengthen you, yes, I will help you, I will uphold you with My righteous right hand."

Trust in His promises

Isaiah 26:3

"You will keep him in perfect peace, whose mind is stayed on You, because he trusts in You."

Proverbs 3:5-6

*"Trust in the Lord with all your heart,
and lean not on your own understanding;
in all your ways acknowledge Him,
and He shall direct your paths."*

"...and He will make straight your path."

- ESV

Psalm 4:6-8

"There are many who say, 'Who will show us some good? Lift up the light of your face upon us, O Lord!' You have put more joy in my heart than they have when their grain and wine abound. In peace I will both lie down and sleep; for you alone, O Lord, make me dwell in safety."

Pray

Philippians 4:6-7

Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus.

Psalm 55:22

Cast your burden on the Lord, and He shall sustain you; He shall never permit the righteous to be moved.

1 Peter 5:6-7

Therefore humble yourselves under the mighty hand of God, that He may exalt you in due time, casting all your care upon Him, for He cares for you.

Cast - Throw your burdens on the Lord with all your might, as if you were throwing far away



Exercise patience – wait on the Lord

Isaiah 40:28-31

Have you not known? Have you not heard? The everlasting God, the Lord, the Creator of the ends of the earth, neither faints nor is weary. His understanding is unsearchable. He gives power to the weak, and to those who have no might He increases strength. Even the youths shall faint and be weary, and the young men shall utterly fall, but those who wait on the Lord shall renew their strength; they shall mount up with wings like eagles, they shall run and not be weary, they shall walk and not faint.

Isaiah 40:28-31

We get new strength: *"...the Lord shall renew their strength..."*

We get a new perspective: *"...they shall mount up with wings like eagles..."*

We develop endurance for future contests: *"...they shall run and not be weary, they shall walk and not faint!"*

Romans 8:28

And we know that all things work together for good to those who love God, to those who are the called according to His purpose.

Seek two things

Matthew 6:33

"But seek first the kingdom of God and His righteousness, and all these things shall be added to you."

"...the kingdom of God..."

Seek God's authority over every area of our life

"...His righteousness..."

Seek to be like Him – to foster the character of
Jesus in our lives

Take one day at a time

Matthew 6:34

*"Therefore do not worry about tomorrow,
for tomorrow will worry about its own things.
Sufficient for the day is its own trouble."*

Live for today – not in the backwash
of the mistakes of "yesterday"

Do not live in the fear of "tomorrow"

"My life has been filled with terrible misfortunes,
most of which never happened."

- Michel de Montaigne (1533-1592)

Worry keeps you from enjoying the spiritual blessings you already have

Worry keeps you from seeing your worth

Worry causes you to focus on things you can't change

Worry causes you to forget the promises of God:
"I will never leave you nor forsake you."

"I will never leave you nor forsake you."

- Hebrews 13:5

