

Taming Giants #2

Whack-a-Mole your Worry

Sermon on the Mount – Matthew 5-7

Today Section: Matthew 6:25-34 Jesus teaches about WORRY.

Main Teaching: DO NOT WORRY.

DO NOT WORRY does NOT equal NO PLANNING or CONCERN. (You have a Guide ... Who knows the future!)

Proverbs 16:9 (nasb) – *“The mind of man plans his way, but the LORD directs his steps.”*

Prov 16:9 – *“Within your heart you can make plans for your future, but the Lord chooses the steps you take to get there.”*

The Problems with WORRY

(1) Worry forgets God’s ability.

Matthew 6:25 – *“Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more than food, and the body more than clothes?”*

Bill Gothard: “Worry is assuming responsibility God never intended you to have.”

(2) Worry forgets God’s view of us.

Matt 6:26 – *“Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they?”*

Hebrews 2:7 – *“You made them a little (for a little while) lower than the angels; you crowned them with glory and honor.”*

Gen 1:26 – *“Then God said, ‘Let Us make man in Our image, according to Our likeness; and let them rule over the fish of the sea and over the birds of the sky and over the cattle and over all the earth, and over every creeping thing that creeps on the earth.’”*

(3) Worry is a waste of time.

Matt 6:27 – *“Can any one of you by worrying add a single hour to your life?”*

Worry CAN shorten your lifespan. (Stress, high BP, lack of sleep ...)

Corrie Ten Boom: “Worry does NOT rob tomorrow of its sorrow ... robs today of its strength.”

(4) Worry isn’t logical.

Mark Twain: “I’m an old man and I’ve known a great many troubles, but most of them never happened.”

Matt 6:28-30 – *“And why do you worry about clothes? See how the flowers of the field grow. They do not labor or spin. Yet I tell you that not even Solomon in all his splendor was dressed like one of these. If that is how God clothes the grass of the field, which is here today and tomorrow is thrown into the fire, will he not much more clothe you—you of little faith?”*

(5) Worry forgets God's care for His children.

WORRY IS PRACTICAL ATHEISM. Don't believe God knows, or cares, or will do anything.

Matt 6:31-32 – “So do not worry, saying, ‘What shall we eat?’ or ‘What shall we drink?’ or ‘What shall we wear?’ For the pagans run after all these things, and your heavenly Father knows that you need them.”

Matt 7:7 – “Keep on asking, and you will receive what you ask for. Keep on seeking, and you will find. Keep on knocking, and the door will be opened to you. For everyone who asks, receives. Everyone who seeks, finds. And to everyone who knocks, the door will be opened. “You parents—if your children ask for a loaf of bread, do you give them a stone instead? Or if they ask for a fish, do you give them a snake? Of course not! So if you sinful people know how to give good gifts to your children, how much more will your heavenly Father give good gifts to those who ask him.”

(6) Worry forgets our priorities.

Matt 6:33 – “But seek first his kingdom and his righteousness, and all these things will be given to you as well.”

“Thy Kingdom come, Thy will be done.”

Rick Warren: “Turn your WORRY into WORSHIP.”

(7) Worry focuses on tomorrow – instead of today. (Which makes today less enjoyable and profitable.)

Matt 6:34 – “Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.”

Power Scriptures for WHACKING your WORRY:

- Psalm 50:15 – **“Call upon Me in the day of trouble; I will deliver you, and you shall glorify Me.”**
- Psalm 55:22 – **“Cast your burden on the LORD, And He shall sustain you; He shall never permit the righteous to be shaken.”**
- 1 Peter 5:7 – **“Cast all your care upon Him, for He cares for you.”**
- Phil 4:6-7 – **“Be anxious for nothing, but in everything with prayer and supplication with thanksgiving let your requests be known unto God. And the peace of God that passes all understanding shall guard your hearts and minds through Christ Jesus.”**
- Phil 4:8 – **“Finally, brethren, whatever is true, whatever is honorable, whatever is right, whatever is pure, whatever is lovely, whatever is of good repute, if there is any excellence and if anything worthy of praise, dwell (think on, ponder, meditate) on these things.”**
- Ps 1:2 – **“... and in his law does he meditate day and night ...”**

Rick Warren – “If you know how to worry, you know how to meditate.”