

Winning Over Worry

Matthew 6:24-34

“For this reason I say to you, 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 life not more than food, and the body more than clothing? Look at the birds of the sky, that they do not sow, nor reap, nor gather crops into barns, and yet your heavenly Father feeds them. Are you not much more important than they? And which of you by worrying can add a single day to his life’s span? And why are you worried about clothing? Notice how the lilies of the field grow; they do not labor nor do they spin thread for cloth, yet I say to you that not even Solomon in all his glory clothed himself like one of these. 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! Do not worry then, saying, ‘What are we to eat?’ or ‘What are we to drink?’ or ‘What are we to wear for clothing?’ For the Gentiles eagerly seek all these things; for your heavenly Father knows that you need all these things. But seek first His kingdom and His righteousness, and all these things will be provided to you. “So do not worry about tomorrow; for tomorrow will worry about itself. Each day has enough trouble of its own.”

(Matthew 6:25–34, NASB 2020)

1. The Curse of Worry

What is Worry?

- Worry is being pulled in different directions. The English word means to strangle. Worry strangles our faith and fruitfulness.
- “Worry is a thin stream of fear that trickles through the mind, which, if encouraged, will cut a channel so wide that all other thoughts will be drained out.” Quoted by John McArthur
- It does not empty tomorrow of its sorrow, but it does empty today of its strength. It does not make you escape the evil; it makes you unfit to cope with it when it comes. (Ian Maclaren)
- Worrying is like a rocking chair---it will give you something to do, but it will not get you anywhere.



- A. Worrying is Psychologically Inhibiting.
- B. Worrying is Physically Hindering.
- C. Worrying is Spiritually Incapacitating.

2. The Cause of Worry

- A. Failure to Surrender to the Lordship of Christ.

“No one can serve two masters; for either he will hate the one and love the other, or he will be devoted to one and despise the other. You cannot serve God and wealth.”

- B. Failure to See Life from an Eternal Perspective.

“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?” (Matthew 6:26)

“And why are you worried about clothing? Observe how the lilies of the field grow; they do not toil nor do they spin, yet I say to you that not even Solomon in all his glory clothed himself like one of these. “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!” (Matthew 6:28–30)

- C. Failure to Believe God.

“And why are you worried about clothing? Observe how the lilies of the field grow; they do not toil nor do they spin, yet I say to you that not even Solomon in all his glory clothed himself like one of these. “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!” (Matthew 6:28–30)



D. Failure to Seek God, His Kingdom and Righteousness with your whole heart.

“But seek first His kingdom and His righteousness, and all these things will be added to you.” (Matthew 6:33)

3. The Cure of Worry

“Anxiety in a man’s heart weighs it down, But a good word makes it glad.” (Proverbs 12:25)

“But I want you to be free from concern. One who is unmarried is concerned about the things of the Lord, how he may please the Lord;” (1 Corinthians 7:32)

A. You Must Stop All Current Worry and Cast your Care Upon God.

“For this reason I say to you, 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?” (Matthew 6:25)

B. You Must See the World from God’s Perspective.

“For this reason I say to you, 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? “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? “And who of you by being worried can add a single hour to his life? “And why are you worried about clothing? Observe how the lilies of the field grow; they do not toil nor do they spin, yet I say to you that not even Solomon in all his glory clothed himself like one of these.” (Matthew 6:25–29)



“And do not be conformed to this world, but be transformed by the renewing of your mind, so that you may prove what the will of God is, that which is good and acceptable and perfect.” (Romans 12:2)

“So faith comes from hearing, and hearing by the word of Christ.” (Romans 10:17)

C. You must Deepen Your Faith in God.

“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!” (Matthew 6:30)

D. You Must Make God Your Number One Pursuit.

“Do not worry then, saying, ‘What will we eat?’ or ‘What will we drink?’ or ‘What will we wear for clothing?’ “For the Gentiles eagerly seek all these things; for your heavenly Father knows that you need all these things. “But seek first His kingdom and His righteousness, and all these things will be added to you.”” (Matthew 6:31–33)

“You will seek Me and find Me when you search for Me with all your heart.” (Jeremiah 29:13)

“Therefore, if you have been raised with Christ, keep seeking the things that are above, where Christ is, seated at the right hand of God. Set your minds on the things that are above, not on the things that are on earth.” (Colossians 3:1–2)

Answers: Curse, Psychologically, Physically, Spiritually, Cause, Surrender, See, Believe, Seek, Cure, Stop, See, Deepen, Pursuit.

