

“LIVING WORRY FREE”

Text: Matthew 6:24-34

Subject: “Overcoming the Inside Job”

Introduction

1. It’s known as “The Sermon On The Mount”
2. Mathew 5, 6, and 7 (the greatest sermon ever preached).
3. 107 verses of wisdom straight from heaven (covering things like prayer, mercy, meekness, persecution, salt, light, forgiveness, divorce, enemies, sin, judging, giving, fasting and the causes and cure of worry).

What Is Worry?

- ◆ The Greek word translated “take no thought” in Verses 25, 31 and 34 means: “To be pulled or drawn in different directions.”
- ◆ It means worry “pulls us apart” and results in anxiousness, preoccupation, sleeplessness, disturbance and restlessness.

(But you don’t know what’s going on)

- ◆ The government is running out of money.
- ◆ The White House is under fire.
- ◆ Preachers have warned of the coming financial collapse of America.
- ◆ The center for disease control is recording new strains of virus’ that are growing faster than we can create antibodies to counteract them.

(Isn’t it time to worry?)

- ◆ Isn’t it time to fret and stew over things out of our control?
- ◆ Shouldn’t we mortgage our future by worrying in the present?
- ◆ Shouldn’t we cripple ourselves, burden ourselves and forfeit our nerves and health?

(Overcoming the Inside Job)

I. The Plan Of Worry Free Living (v. 25)

- ◆ In Verse 25, Jesus doesn’t give a suggestion, He gives a command. (What is it?)

“Take no thought for your life what ye shall eat, or what you shall drink; nor yet for your body, what ye shall put on.”

(What Jesus isn’t saying:)

He isn’t telling us to be careless, thoughtless or slothful.

In Fact

- ◆ We are taught in Scripture to be responsible to work and plan ahead.

What then, exactly is Jesus saying?

“Take no thought for your life.” (Means)

1. Allowing your needs to dominate your thinking so that they cripple your efficiency and effectiveness **(Repeat)**

2. Jesus is talking about being preoccupied with material possessions in this life.

3. Jesus is talking about the trap and snare of focusing upon the immediate:

- ◆ “What am I going to eat?”
- ◆ “What am I going to drink?”
- ◆ “What am I going to wear?”
- ◆ “Are my clothes popular and acceptable?”
- ◆ “Are my clothes in style and fashionable?”
- ◆ “Are my things outdated or looked down upon?”

(Notice the question in Verse 25)

“Is not life more than meat and the body than raiment?”

(In Other Words)

- ◆ Isn't the value of life more than fine food and fine threads?
- ◆ Isn't the greater need our life and breath that come from God?
- ◆ If God has given us life which is the greater miracle, won't He take care of the other needs which are the less of the two miracles?

What's the plan of God?

(To live and worry free and enjoy today)

By understanding Verse 25

- ◆ Real life is more than food!
- ◆ Real life is more than drink!
- ◆ Real life is more than clothes!

II. The Picture of Worry Free Living (v. 26-30)

(How are we cured of a worried mind?) **Jesus said:**

#1. Look At The **Birds**. (v. 26)

“Behold the fowls of the air...are ye not much better than they?”

- ◆ Look at the fowls of the air!
- ◆ They sing, and sing, and sing!
- ◆ They have no anxiety about their future!
- ◆ They have needs and yet never worry!

Why not?

- ◆ They are fed by the hand of God
- ◆ Their food and shelter are arranged by God
- ◆ The Lord has supplied their many needs.
- ◆ God will not be guilty of starving them.

What's the application?

“Are ye not much better than they?” (v. 26) (Or)

1. Since your life is of greater consequence than the birds, surely God will provide for you.
2. Since your life is of greater consequence than the birds, surely you can trust God as the birds do.

#2. Look at **Yourself** (v. 27)

“Which of you by taking thought can add one cubit unto his stature?”

Fact: The words “taking thought” mean worry.

Fact: The word “cubit” means “a measure is 18”

Fact: The word “stature” means height.

In Other Words

- ◆ “Who of you can get taller this morning by worrying over your height?”
- ◆ “Is there anyone through worry, able to increase their height?”

- ◆ “Can anyone here prolong your life or increase your size through worrying about it?”

Why not?

- ◆ Because God is the author and the source and the One we are dependent upon for our life and height and breath.

In Other Words

- ◆ As senseless and as useless as it is to worry over your height, it is just as useless to walk through this life and not trust our Heavenly Father. **(Worry is useless)**

#3. Look At The **Lilies** (V. 28)

“Consider the lilies of the field how they grow, they toil not neither do they spin.”

- ◆ Look at the lily in the field!
- ◆ It doesn’t work or spin to adorn itself with beauty,
- ◆ Its beauty comes from God as it goes about its purpose for existence.
- ◆ The lily never has to fret or worry about God making it as it should be.

What’s the application?

Verse 30

“If God so clothes the grass of the field which today is, and tomorrow is cast into the oven, shall He not much more clothe you, O ye of little faith?”

In Other Words

- ◆ If God provides for a flower which is only temporary and soon to fade away,
- ◆ How much more will the Lord be mindful of His children who live forever?
- ◆ How much more will the Lord be attentive to you?
- ◆ How much more will the Lord provide for you?

#4. Look At The **Heathen** (v. 32)

“For after all these things do the Gentiles seek, for your Heavenly Father knows that you have need of all these things.”

Question: Why look at the Gentiles (the unbeliever)?

Answer: Because we are supposed to live different from them!!!

- ◆ The unbeliever is wrapped up in the system.
- ◆ The unbeliever seeks life only from possessions.
- ◆ The unbeliever has no relationship with God.
- ◆ The unbeliever finds security; only in money, houses, food, cars, furnishings, toys, clothes, property, prestige, power, fame and self.

Look At the unbeliever!

Ephesians 2:12 describes them

“At that time ye were without Christ, being aliens from the commonwealth of Israel, and strangers from the covenants of promise, having no hope, and without God in the world.”

(Why do the heathen worry?)

1. They are without Jesus.
2. They are unaware that God has a family He cares for.
3. They are strangers to the promises of God.

4. They are without God's presence and direction.
5. They have no hope here and now (void of that blessed assurance after death.)

What's the big deal?

- ◆ They have cause to worry and fret,
- ◆ But the believer has a Heavenly Father who knows the needs of all His children.

In Other Words

- ◆ You are different from the lost.
- ◆ You live for heaven to come (not earth to leave).
- ◆ You know the promises of God's care.
- ◆ You have the presence of God every day.
- ◆ You have the witness of the Spirit that you are a child of God.

The unsaved should worry. Why?

1. Because they do not personally know the Lord.
2. Because they have no assurance of Divine Provisions.
3. Because they have no hope beyond what they see.
4. Because at death, everything they lived for crumbles in the grave.

III. The Priority Of Worry Free Living (V. 33, 34)

Question: I believe that God has ordained that I "take no thought" (or worry not) in the journey.

Question: But what do I do to ensure that I don't live as the heathen live?

#1. Accept Your Redeemer (V. 32)

"Your Heavenly Father" is the key.

- ◆ What's the answer to living a full life (unlike the heathen?)
- ◆ The answer is in the words, "Your Heavenly Father".
- ◆ Making sure that God is (your) Heavenly Father
- ◆ Knowing (your) name is in the book of life.

#2. Accept Your Responsibility (V. 33)

"Seek ye first the kingdom of God and His Righteousness" (What does it mean?)

- ◆ The word "seek" (ZETED) means:

1. To go after	4. To desire	7. To endeavor to get
2. To strive after	5. To aim after	
3. To pursue	6. To search for	

Question: What does it mean to "Seek ye first the Kingdom of God?"

Answer: It means to put the interests of God's Kingdom first in your life.

- ◆ It means to accept responsibility for helping others become citizens of this Kingdom.
- ◆ It means to seek (or pursue) His righteousness, or live a righteous and godly life on this side of Heaven.

Question: Is Jesus more important than any other person?

Question: Is Jesus first in your finances?

Question: Is Jesus first in your home and marriage?

Question: Is Jesus "top priority" in your thought life, dating relationships and in your work place?

#3. Accept Your Reward (V. 33)

Question: What's the reward of knowing Jesus and seeking His interests first in your life?

Answer: (v. 33) "...And all these things shall be added unto you."

What Things?

- ◆ Every necessity of life.
- ◆ Everything needed to do the will of God.
- ◆ Everything needed this side of heaven, because your priorities are established on the other side of earth.

Why?

Because you are living for the things that will outlive you!!!

Conclusion

In Verse 25; "Take no thought for your life."

In Verse 31; "Take no thought for food or clothes."

In Verse 34; "Take therefore no thought" (For what?) "**For tomorrow**"

Question: What does it mean to "worry not over tomorrow"?

Question: It means leave tomorrow with God, while seeking to please Him today.

Why?

Because the God who helps you today will be the same tomorrow!

Why this admonition?

- ◆ Because the average person is crucifying themselves between two thieves.
 1. The regrets of yesterday (and)
 2. The worries of tomorrow.

Question: Are regrets of the past stealing your joy today?

Question: Are worries of tomorrow stealing your joy today?

Guess What?

"Sufficient unto the day is the evil thereof." (Or)

- ◆ Don't increase your burdens today by borrowing trouble from tomorrow. (Or)
- ◆ If you can trust the Lord for now, then you can trust Him for what's to come!

In Other Words

- ◆ Glorify God today and God will take care of your tomorrows.

AMEN
Bill Kirk