

January 12, 2020  
Matthew 6:24-34

## DON'T WORRY

### I. Introduction: Don't Worry

What 3 Things Do You Worry About The Most?

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### II. Unpacking The Passage:

<sup>25</sup> “**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? Matthew 6:25

<sup>24</sup> “No one can serve two masters. Either you will hate the one and love the other, or you will be devoted to the one and despise the other. You cannot serve both God and money.” Matthew 6:24

### III. Why We Need Not Worry:

<sup>26</sup> **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? <sup>27</sup> Can any one of you by worrying add a single hour to your life<sup>Ⓜ</sup>? Matthew 6:26-27

<sup>28</sup> “And why do you worry about clothes? **See how the flowers of the field grow**. They do not labor or spin. <sup>29</sup> Yet I tell you that not even Solomon in all his splendor was dressed like one of these. <sup>30</sup> 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?**

## IV. You Of Little Faith

A. Worry is a symptom of unbelief:

<sup>31</sup> So do not worry, saying, 'What shall we eat?' or 'What shall we drink?' or 'What shall we wear?' <sup>32</sup> **For the pagans run after all these things**, and your heavenly Father knows that you need them." Matthew 6:31-32

B. The Remedy For Worry

But **seek first his kingdom and his righteousness**, and all these things will be given to you as well. Matthew 6:33

C. What Does It Mean To Seek First The Kingdom Of God?

- Get A Grip On God's Word

<sup>12</sup> For **the word of God** is alive and active. Sharper than any double-edged sword, it penetrates even to dividing soul and spirit, joints and marrow; it judges the thoughts and attitudes of the heart. Hebrews 4:12

- Pray

<sup>6</sup> Do not be **anxious** about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God.<sup>7</sup> And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus." Philippians 4:6-7

## V. Conclusion And Application:

<sup>34</sup> **Therefore** do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own." Matthew 6:34