



“Do Not Worry”

Matthew 6:25-34

What does it mean to worry?

- Worry (Merimnao) – v.25, 27, 28, 31, 34
 - Strong's – to be anxious about, take thought
 - A&G – to be apprehensive, have anxiety, be anxious, be concerned
 - Vine's – to be anxious about, to have distracting care
 - ***To be anxious by way of taking thought and being distracted or be divided in thought***
 - **Luke 10:38-42** – Martha was distracted and troubled with many things

How do we overcome worry?

- Recognize that you can overcome anxiety
 - **Matthew 6:25-34; Philippians 4:6** – The implication of the command not to worry is we can control whether we worry
 - **1 Corinthians 10:13** – God is not going to allow one to be tempted beyond what they are able

How do we overcome worry?

- Recognize that worrying profits nothing
 - **Matthew 6:27** – Worrying will not change the situation or circumstance, therefore we waste time and energy
 - **Job 1:21; Job 2:10** – Control what you can control

How do we overcome worry?

- Recognize that worrying profits nothing
 - **Daniel 1** – Would worrying change the king's demands of Daniel and the others having to partake of the king's delicacies?
 - **Daniel 2** – Would worrying change the king's command to destroy all the wise men?
 - **Daniel 3** – Would worrying change the king's demands of bowing down to the image?
 - **Daniel 6** – Would worrying change the law of no prayer to any god but the king for 30 days

How do we overcome worry?

- Recognize God's provisions
 - **Matthew 6:25-34** – God provides the necessities of life
 - V.25-26 – God provides for the birds of the air
 - V.28-30 – God provides for the flowers and the grass of the field
 - **Psalm 8:3-8** – The creator of all things cares about and is mindful of man

How do we overcome worry?

- Have the proper priorities and focus on eternity
 - **Matthew 6:24** – We are not be divided in our service to God
 - **Matthew 6:33** – “seek first the kingdom of God”
 - **Philippians 3:7-14** – Paul had the proper priorities counting everything else as rubbish, not letting them distract him from his goal, from his priority, he stayed focused on that goal

How do we overcome worry?

- Have the proper priorities and focus on eternity
 - *Increase study*
 - **Matthew 6:30** – Those who worry are said to have little faith
 - **Romans 10:17** – Faith comes from the word of God
 - **Matthew 6:33** – We are to “seek first the kingdom of God and His righteousness”
 - **Romans 1:16-17** – The righteousness of God is revealed through the gospel

How do we overcome worry?

- Have the proper priorities and focus on eternity
 - *Increase prayer*
 - **Philippians 4:6-7** – We are not to be anxious, but we are to pray letting our “request be made known to God”
 - **1 Peter 5:7** – “casting all your care upon Him, for He cares for you”

How do we overcome worry?

- Focus on eternity (**Matthew 6:33**)
- Pray (**Philippians 4:6-7; 1 Peter 5:7**)
- Come up with a wise plan (**Daniel 1, 2, 3, and 6**)
- Pray (**Philippians 4:6-7; 1 Peter 5:7**)
- Put the plan into action (**Daniel 1, 2, 3, and 6**)
- Pray (**Philippians 4:6-7; 1 Peter 5:7**)
- Leave the rest to God, trusting in His care for you (**Matthew 6:31-32**)



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