

No Worries

6 Keys to Overcoming Worry



³¹ So don't worry about these things, saying, 'What will we eat? What will we drink? What will we wear?'

³² These things dominate the thoughts of unbelievers, but your heavenly Father already knows all your needs." Matthew 6:31-32 NLT

- What do you worry about most?

Everyone worries. We worry about big things and small things. We worry about finances, work, family matters, health, etc. Someone has said that we worry about 90% of things that never happen.

Worry affects our whole life - physically, emotionally, socially, mentally, and spiritually. Someone has said - ulcers are what you get from climbing mountains over molehills. Someone else has said that worry is unbelief in disguise.

Jesus spoke about worry in Matthew 6:25-34. What he said gives us six keys to overcoming worry.

The Central Lesson: Faith Is the Antidote to Worry

6 Keys to Overcoming Worry

1. Realize How Much God **CARES** About You (v.26).

"Look at the birds. They don't plant or harvest or store food in barns, for your heavenly Father feeds them. And aren't you far more valuable to him than they are?"

Poem: "When the birds begin to worry, And the lilies toil and spin; And God's creatures all are anxious, Then I also may begin. For my Father sets their table, Decks them out in garments fine, And if He supplies their living, Will He not provide mine?"

The Life Application Study notes explain: "Because of the ill effects of worry, Jesus tells us not to worry about those needs that God promises to supply. Worry may (1) damage your health, (2) disrupt your productivity, (3) negatively affect the way you treat others, and (4) reduce your ability to trust in God. How many effects of worry are you experiencing? Here is the difference between worry and genuine concern - worry immobilizes, but concern moves you to action."

Worry dishonors God. Bible Teacher William MacDonald explains: "It denies the love of God by implying that he doesn't care for us. It denies his wisdom by implying that he doesn't know what he is doing. And it denies his power by implying that he isn't able to provide for our needs." (*Believer's Bible Commentary*, p.1226)

2. Understand That Worry Won't **CHANGE** Anything (v.27).

"Can all your worries add a single moment to your life?"

Vance Havner once said - "Worry, like a rocking chair, will give you something to do, but it won't get you anywhere."

3. Have **FAITH** That God Will Take Care of Your Needs (vs 28-30).

"28 And why worry about your clothing? Look at the lilies of the field and how they grow. They don't work or make their clothing, yet Solomon in all his glory was not dressed as beautifully as they are. 29 And if God cares so wonderfully for wildflowers that are here today and thrown into the fire tomorrow, he will certainly care for you. Why do you have so little faith?"

Philippians 4:19 "And this same God who takes care of me will **supply all your needs** from his glorious riches, which have been given to us in Christ Jesus."

4. Remember That the Father **KNOWS** All Your Needs (vs. 31-32).

"31 So don't worry about these things, saying, 'What will we eat? What will we drink? What will we wear?' 32 These things dominate the thoughts of unbelievers, but your heavenly Father already knows all your needs."

5. Make God **FIRST** (v.33).

"Seek [NIV - seek first] the Kingdom of God above all else, and live righteously, and he will give you everything you need."

The Life Application Study Bible explains how to put God first in your life - "...to fill your thoughts with his desires, to take his character for your pattern, and to serve and obey him in everything. What is really important to you? People, objects, goals, and other desires all compete for priority. Any of these can quickly bump God out of first place if you don't actively choose to give him first place in every area of your life."

Bible Teacher, Warren W. Wiersbe, states: "How do believers today practice Matthew 6:33? We will start with our time, and put God first in every day. This means time for prayer and reading the Word. We will put God first in every week, attending the house of God faithfully. We will put God first every payday, paying the tithe to the Lord. We will put God first in our choices, making no decision that would leave God out." (*Wiersbe's Expository Outlines*, p.33).

6. Live **ONE** Day at a Time (v.34).

"So don't worry about tomorrow, for tomorrow will bring its own worries. Today's trouble is enough for today."

Don't let the fear of the future rob you of the joy of today. Again, The Life Application Study Bible explains: "Planning for tomorrow is time well spent; worrying about tomorrow is time wasted. Sometimes it's difficult to tell the difference. Careful planning is thinking ahead about goals, steps, and schedules, and trusting in God's guidance. When done well, planning can help alleviate worry. Worriers, by contrast, are consumed by fear and find it difficult to trust God. They let their plans interfere with their relationship with God. Don't let worries about tomorrow affect your relationship with God today."

CONCLUSION - Faith Is the Antidote to Worry

- ▶ Accept Christ as your Savior. ▶ As a Christian, dedicate your life to Christ.
- ▶ Invite someone to next Sunday's study. ▶ Attend a small group. ▶ Read the Bible & journal meaningful verses. ▶ Pray for friends that need Jesus.