

*May 24, 2015*

## **THE PROBLEM WITH WORRY**

**Matthew 6:25-34**

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**Quick:** Name what it was you were worried about one year ago today? Don't remember? What about 6 months ago? Nothing? So often we worry. Worry ruins happiness, health, relationships, and, most importantly, our spiritual relationship with the Lord. Yet, most of the time, those worries never come to pass. All of the time, the worry does no good. But the real problem with worry is it is an indication of a trust issue. That is why it is the fifth area of righteousness in which Jesus says we must check our motives. This is the second longest section - 2nd only to prayer. And there are:

1. **INSTRUCTION ON WORRY (6:25).** Why is it sometimes not acceptable to worry (Phil. 4:6; Lk. 8:14; 10:41; 21:34-36), and other times it is acceptable (Phil. 2:20; I Cor. 12:25; II Cor. 11:28)? We are do what we can do, then follow I Peter 5:7. You pray about it, and cast your cares on God. You do not worry over things over which you have no control. Studies show only 8% of worry is legitimate. Deal with those and then pray. The theme of this section is **DO NOT BE ANXIOUS.**

2. **ILLUSTRATION ON WORRY, #1 (6:26).** The first example is birds. He follows the illustration with a point: Are you not worth more than the birds? God cares for the birds, and you are way above them on the scale. Birds are not idle. They work hard seeking food and building nests, but they do not worry. They do their thing and God takes care of them.

2. **ILLUSTRATION ON WORRY, #2 (6:27).** The second example involves life span. There is a little bit of difficulty in translation here. Could be talking about height or life span, but either way it is true. In fact, worry shortens your life! So if you are worried about longevity, you are defeating the purpose and shaving off time!

3. **ILLUSTRATION ON WORRY, #3 (6:28-30).** His third example is the lilies of the field. This also has a point. and it is the same point. What is the problem with worry? Why is it a sin? It is a faith problem. He is your Heavenly Father. You have just been taught to pray to Him for your physical needs. Do you not trust Him? Either quit praying or quit worrying! God expects us to be men and women of great faith! So, He expects and commands us not to worry! So, the problem with worry: No faith. You can read through this text and say, "Well, that is just what I am, I am a worrier." And then Jesus slaps you in the face and says, "No, you are just a man of PUNY faith!"

4. **ILLUSTRATION ON WORRY, #4 (6:31-32).** He gives the thesis of the periscope he gave in v. 25 - **DO NOT WORRY!** His fourth example is the Gentiles. You should know better than they do, Jews! You are putting yourself on par with them when you worry. Your Heavenly Father knows you need it. It is not like you pray, "Give us our daily bread," and God says, "OH NO, I FORGOT!"

So, what do we learn about worry? Worry is Unnecessary (v. 30); Worry is Unavailing (v. 27); Worry is Unbecoming (v. 32).

What do you do about worry? Verse 33-34 tells us. No matter what culture, time, place, etc. Seek first His kingdom (His rule, doing His will). Seek first His righteousness - What HE says is right, not the world (Isa. 5:20; Eccl 1:12-13). If I get so wrapped up in stuff, I do not have time for Him. Notice, He does not tell what to put in 2nd place? Why not? It does not matter. Put whatever you want to second, and that's fine. As long as He is in first place, then whatever is second will be fine! When God is your #1 priority, He will take care of #2, 3, 4, 5, etc. He repeats the thesis in v. 34, and then warns us to make the choice to not be that guy who brings tomorrow's trouble into today's trouble. Why would you do that? You have enough on your plate today. You do not even know what tomorrow will be like anyway, it may be awesome! Just focus on today. Do all you can do. Pray to God. And then, **TRUST HIM!**