

**A Study of the Sermon on the Mount**  
**Matthew 5-7**

**Overcoming Worry**  
**Matthew 6:25-34**

# Matthew 6:25-34

Therefore I tell you, do not be anxious about your life, what you will eat or what you will drink, nor about your body, what you will put on. Is not life more than food, and the body more than clothing? Look at the birds of the air: they neither sow nor reap nor gather into barns, and yet your heavenly Father feeds them. Are you not of more value than they? And which of you by being anxious can add a single hour to his span of life?

# Matthew 6:25-34, continued

**And why are you anxious about clothing? Consider the lilies of the field, how they grow: they neither toil nor spin, yet I tell you, even Solomon in all his glory was not arrayed like one of these. But if God so clothes the grass of the field, which today is alive and tomorrow is thrown into the oven, will he not much more clothe you, O you of little faith? Therefore do not be anxious, saying, 'What shall we eat?' or 'What shall we drink?' or 'What shall we wear?'**

# Matthew 6:25-34, continued

**For the Gentiles seek after all these things, and your heavenly Father knows that you need them all. But seek first the kingdom of God and his righteousness, and all these things will be added to you. Therefore do not be anxious about tomorrow, for tomorrow will be anxious for itself. Sufficient for the day is its own trouble.**

# Concerns of the Sermon

- **6:1-15: How to talk to God**
- **5:21-48: How to talk to people**
- **6:25-34: How to talk to yourself**

# Why People Worry

- Everyone worries, and always has
- One in five adults will be diagnosed with an “anxiety disorder”
- Doom and gloom of the news media
- Dismantling of the marriage and home
- The pace of life competes with the peace of life

# What is worry and anxiety?

- “Do not fret, it leads only to evil” (Psa. 37:8) – “to be stirred up inside”
- *Merimnao* – to be focused on only one thing, and not see the greater picture.
- To have victory over worry we do not shut our eyes to the problem, but open them to see God over our problem.
- Where there is much faith there is little worry. Where there is much worry, there is little faith.

# What does Christ teach here?

- The uselessness and harm of worry
- The value of your life
- The eternal nature of your life



# 1. Worry is useless, even harmful

- Worry is in itself alone a bad thing
- Eat, drink, clothing – physical needs. Worry distracts us from our work.
- Worry does not add years to our life
- Worry does not add stature to our height
- Don't take yourself too seriously
  - Worry takes too much credit for failure
  - Pride takes too much credit for success

# Don Coryell

- **Great American Football Coach**
- **Innovative, creative, successful**
- **.572 win record**
- **Mentored: John Madden, Joe Gibbs, Bill Walsh**



# **Ecclesiastes 9:11-12**

**The race is not to the swift or the battle to the strong, nor does food come to the wise or wealth to the brilliant or favor to the learned; but time and chance happen to them all.**

**Moreover, no one knows when their hour will come: As fish are caught in a cruel net, or birds are taken in a snare, so people are trapped by evil times that fall unexpectedly upon them.**

## 2. Understand your value

- “Look at the birds of the air: they neither sow nor reap nor gather into barns, and yet your heavenly Father feeds them. Are you not of more value than they?” (Matt. 6:26)
- Intrinsic Value – made in the image of God
- Redeemed by Christ

# The Bible says:

- **What then shall we say to these things? If God is for us, who can be against us? He who did not spare his own Son but gave him up for us all, how will he not also with him graciously give us all things? (Romans 8:31-32)**

# 3. Understand your eternity in Christ

- **“But if God so clothes the grass of the field, which today is alive and tomorrow is thrown into the oven, will he not much more clothe you, O you of little faith?” (Matt. 6:30).**
- **In Christ we become eternal beings.**
- **God works from and for eternity.**

# **Miles Stanford wrote:**

**It seems that most believers have difficulty in realizing and facing up to the inexorable fact that God does not hurry in His development of our Christian life. He is working from and for eternity! So many feel they are not making progress unless they are swiftly and constantly forging ahead. Now it is true that the new convert often begins and continues for some time at a fast rate. But this will not continue if there is to be healthy growth and ultimate maturity. God Himself will modify the pace."**

# Being eternal beings means

- God is not in a hurry
- So don't you be in a hurry
- Seek first not the things of the world but the things of God.
- Focus on God's kingdom – His values – and His righteousness – His grace.
- Tomorrow will worry about itself.