

Matthew 6:25-34 | “The Worry-Free Life”
Preached on June 12, 2022 by Pastor Matt Brown

“A recently licensed pilot was flying his private plane on a cloudy day. He was not very experienced in instrument landing. When the control tower was to bring him in, he began to get panicky. Then a stern voice came over the radio, ‘You just obey instructions, we’ll take care of the obstructions.’”¹

How many of us are like that pilot?

We worry about...

- bills
- our health
- the future of our country
- job security
- children
- failure/making mistakes
- what people think of us

Context:

- Lay up treasures & can’t serve both God and money.
- But if we are to be devoted to God, and not pursue money, how will our needs be taken care of?

I. Do not be anxious

- Main command
 - ◆ (1) This doesn’t mean that we shouldn’t be responsible and prudent. (2) This doesn’t mean that we just live recklessly.
 - ◆ But rather, it’s about *worry*.
- Jesus brings out common things we often worry about: food, drink, clothing

¹ <https://ministry127.com/resources/illustration/flying-in-the-clouds>. Source: *365 Devotions*, Standard Publishing.

◆ (basic necessities/things we need often)

What are the keys to battling worry and anxiety?

One counseling and clinical psychologist organization tried to provide the keys by saying that it was: meditation, deep breathing, and mindfulness that provided the solution.²

Jesus gives us many keys, but how could we summarize them? First...

A. Trust your Father!

Simple, yet hard.

One way to trust your Father is to...

1. Think about what your Father has done.

a) If He can do the big things, won't he do the smaller things?

(1) He has given you life, won't he give food? (25b)

(2) He has given you a body, won't he give clothing for that body? (25b)

(a) He has given us life and a body, won't he provide what's essential for that life and body?

(b) Isn't life and the body more important than food and clothing? *Of course.* Life isn't all about food or clothing.

b) If He cares about and provides for less important things, doesn't he care about and provide for more important things? (2 nature examples)

(1) He provides for the birds, won't he provide for you?
(26)

² "You're Not Alone: Top Things People Worry Most About." *Psychological Health Care*, 16 Aug. 2016, <https://www.psychologicalhealthcare.com.au/blog/youre-not-alone-top-things-people-worry-most-about/>.

(a) They work hard, but they don't worry or try to store up food for the future.

(i) God gives them food when they need it.

(b) The illustration isn't meant to be taken too far where we say we should not store up anything ever like birds, but rather, it's merely showing us that if God takes care of birds, then why not us?

(c) Look around you now, do you see any birds? Or maybe you look outside your window at home.

(i) Look at how God provides for them each day, and let it remind you of how God can provide for you.

(2) He clothes the lilies, won't he clothe you? (28-30)

(a) Lilies = wild vegetation in general (like wild flowers and grasses)

(b) People would pick flowers and use them as fuel in their fires to make bread.

(c) They don't work in the fields or sew clothing

(d) They have such a short life span compared to you, and are less valuable than you, yet God "clothes" them.

(i) How much more you?!

(e) Look around. Do you see any wild flowers? As you're driving around, do you ever see any?

(i) Let those wild flowers remind you of how God clothes us, and provides that need.

(3) Recap: Trust your Heavenly Father, for look at how He constantly provides for His creation.

(a) The birds and lilies are continual reminders of God's care.

(4) Apply: If you are ever starting to feel worry rise up in you, look around you at the birds and flowers.

(a) Not just to think, "Oh, aren't they beautiful and peaceful." But because they remind us of God's loving providential care.

Another way to trust your Father is to...

2. Think about who your Father is.

Our trust grows the more reliable our object of trust is. (new chair vs. chair falling apart)

So our trust in our Heavenly Father can grow the more we realize who He is. *He is...*

a) All-knowing and therefore He knows your needs! (32b)

"your heavenly Father knows that you need them all."

(1) Apply: What comfort to know that our Father knows our needs. He isn't unaware.

(2) When you're worried about money, remember that He knows the amount in your bank account.

(3) When you're worried about your health, remember that He knows the diagnosis of your health issues.

3. Recap: Trust your Father! Think about what He does (he provides for birds and lilies), and think about who He is (He is your all-knowing, loving Father).

a) Since those things are true, how could we *not* trust Him?

[PAUSE]

Another key to battling worry and anxiety is to...

B. See worry for what it is.

Sometimes a helpful thing to do is to see something for what it is. To stop and think: why am I doing this? What good is this doing?

III: Car wash before a snow storm - stop and think, what good is this? Is this going to help or be useless?

And Jesus shows us that...

1. Worrying is useless. (27)

“which of you by being anxious can add a single hour to his span of life?”

a) Logical reason to help us to not worry - it’s needless, as it can’t add more time to your life

(1) What has worrying achieved? What are its accomplishments? Look at its track record!

(2) With all the time and effort put into worrying, what good has it brought?

b) Apply: When you are worrying, stop and remind yourself: “What good is this? Has this helped or hurt me in the past?”

(1) How often would you keep trying to do something that *never* worked or helped? Yet we do it with worry!

(2) Is worry really going to add time onto my life? Is this really going to put more money in my pocket? Or clothe me?

(3) Remember the uselessness of worry!

Jesus also shows us that...

2. Worrying adds needless trouble to today’s trouble. (34)

“Sufficient for the day is its own trouble.”

a) The Christian’s life isn’t just smooth sailing with no troubles.

(1) Jesus is a realist.

b) Most often worry is focused on the future, so this combats worry.

(1) Jesus is teaching us to live one day at a time.

(2) This is why we ask for our “daily bread” (Lord’s prayer, Matt. 6:11)

c) Why add needless, imaginary trouble to today’s troubles?

(1) If I called for a raise of hands of people who want their day to have *more* troubles, how many would raise their hands?

(2) Many of us are struggling more than we should because we are adding troubles onto our day by worrying about tomorrow.

(a) Each day has its own troubles, but each day has its own God-given grace to meet them.

(3) How has anxiety helped you? Has it truly made your life better or worse?

d) Apply: Trust God for your present needs, don’t worry about the future.

(1) His grace is sufficient for today! He will give you what you need for each day.

(2) Remember the needless trouble that anxiety brings to your life today.

We are to see worry for what it is. It’s useless, it adds needless trouble to today, but also...

3. Worrying demonstrates a lack of faith (30b)

“O you of little faith”

a) Worrying shows very little faith for it means we aren’t trusting our Heavenly Father. (a deficiency in our faith)

(1) You're acting like God isn't God, and that He doesn't have the power or love to act.

(2) Worry is essentially an atheistic or agnostic mentality, which acts like God's not there.

(3) It's a way to try to have control, and trust yourself.

(a) ("If I worry about it enough, maybe I can prevent something bad from happening.")

b) Apply: When you start worrying, think about what it's showing about your faith.

(1) What are you trusting in? Yourself or the Sovereign Lord of all?

c) Recap: See worry for what it is! Useless, adds needless trouble, and shows little faith.

So Jesus calls us not to worry, but instead what?...

II. Seek His kingdom and His righteousness

"But seek first the kingdom of God and his righteousness, and all these things will be added to you."

A. Don't be like those who don't know Him. (32a)

"the Gentiles seek after all these things"

1. It makes sense for them to seek only material things, for it's according to their beliefs and worldview, but not for us!
2. They have no cure for anxiety in the Father, and therefore, their priorities are material needs. (worldly, godless thinking)
 - a) Their minds are dominated by these things.
3. Those who don't know Christ anxiously pursue material things, but we are not to be like that, instead, we pursue more important, lasting things.

B. Instead of seeking and being consumed with the pursuit of material things, we are to be seeking and being consumed with the pursuit of God's kingdom.

1. It is a worry-free, trust-filled life that leads to undistracted seeking after the spreading of God's rule and renown in the world.
2. Anxiety can consume our minds and distract us from more important things, so don't let anxiety distract you from kingdom work.
 - a) Living for yourself and things comes from: worry
 - b) Living for God comes from: worry-free dependence

C. Put God first, and trust Him for your needs.

1. Seeking His kingdom = To do what He wills and submit to the King. (The king's agenda is my first priority.)
2. We are His servants, doing His bidding, knowing that He will provide for our needs as we pursue His interests.
3. Seek first God's purposes and agenda, this priority should not be crowded out by worry of material things.

D. Reflects the Lord's prayer, which focuses primarily on God's kingdom and name, and then on our *daily* needs.

E. We often think the priorities in our lives are our needs, but Jesus says, "No, the priority is God's kingdom, and God will take care of your needs."

1. This is our daily, basic needs promised - not all of our wants and desires.
2. God knows exactly what we *actually* need and *when*.

F. Apply: What is your life about? God's kingdom and agenda or is it all about yourself and material things?

1. How often do you seek the things that you are worried about? What if you spent that time not in anxiety, but in pursuit of God's kingdom?

G. Recap: Seek God's kingdom, instead of seeking in worry after material needs, and see God provide!

Instead of being weighed down by anxiety, we are to trust the Father's providential care and seek His kingdom.

- A. Aren't you tired of being consumed with anxiety? Don't you want to be worry-free?
- B. Then trust the Father's providential care and seek His kingdom, He will take care of your needs.
 1. A Christian's life is to be a God-oriented life, remembering His Lordship and prioritizing His kingdom.
- C. As many children trust their earthly father to provide food and clothing, so we should trust our Heavenly Father for these things.
- D. Trust your Heavenly Father, see worry for what it is, and seek God's kingdom above all.
 1. When you do that, you'll be amazed as anxiety starts to dissipate, and peace starts to take its place.