

God's cure for Worry

Introduction

1500 Illustrations for Biblical Preaching Worry

Worry is like a rocking chair; it will give you something to do, but it won't get you anywhere. 1500

Encyclopedia of 7700 Illustrations 7558 Nine out of Ten

There is no disputing the fact that, nine times out of ten, worrying about a thing does more damage to those who worry than the actual thing itself.

Modern medical research has proved that worry breaks down resistance to disease. More than that, it actually diseases the nervous system—particularly that of the digestive organs and of the heart. Add to this the toll in unhappiness of sleepless nights and days void of internal sunshine, and you have a glimpse of the work this monster does in destroying the effectiveness of the human body.

It is plain common sense that worry has no rightful place in the lives of most of us.
—Ken Anderson

You and I live in a society in which there are a multitude of distracting concerns, that fill our hearts with worry.

Our Passage this morning addresses the Issue of worry giving God's insights on the matter.

Historical Background

Passage

Matthew 6:25–34 LSB

²⁵ "For this reason I say to you, do not be worried about your life, *as to* what you will eat or what you will drink; nor for your body, *as to* what you will put on. Is not life more than food, and the body more than clothing?

²⁶ "Look at the birds of the air, that they do not sow, nor reap nor gather into barns, and yet your heavenly Father feeds them. Are you not worth much more than they?

²⁷ "And which of you by worrying can add a single cubit to his life span?

²⁸ "And why are you worried about clothing? Observe how the lilies of the field grow; they do not toil nor do they spin,

²⁹ yet I say to you that not even Solomon in all his glory clothed himself like one of these.

³⁰ "But if God so clothes the grass of the field, which is *alive* today and tomorrow is thrown into the furnace, *will He* not much more *clothe* you? You of little faith!

³¹ "Do not worry then, saying, 'What will we eat?' or 'What will we drink?' or 'What will we wear for clothing?'

³² "For all these things the Gentiles eagerly seek; for your heavenly Father knows that you need all these things.

³³ "But seek first His kingdom and His righteousness, and all these things will be added to you.

³⁴ "So do not worry about tomorrow; for tomorrow will worry about itself. Each day has enough trouble of its own.

Proposition

6 Truths reveal God's answer to worry

1. Worry and worth vs 25-26
2. Worry and life vs 27
3. Worry and clothes vs 28-30
4. Worry and words vs 31-32
5. Worry and its remedy vs 33
6. Worry and tomorrow vs 34

1. Worry and worth vs 25-26

Matthew 6:25–26 LSB

²⁵ "For this reason I say to you, do not be worried about your life, *as to* what you will eat or what you will drink; nor for your body, *as to* what you will put on. Is not life more than food, and the body more than clothing?

²⁶ "Look at the birds of the air, that they do not sow, nor reap nor gather into barns, and yet your heavenly Father feeds them. Are you not worth much more than they?"

"25 "For this reason

These terms are in the emphatic position.

Because of vs 24

Because you cannot serve two masters

Because you serve God alone.

Because God cares for His children.

You should not worry.

I say to you, do not be worried

The grammar reveals that this is a command, that you should apply as a lifestyle.

Therefore to worry or to be anxious is sinning.

It damages your soul.

You are disobeying The triune God who cares for you.

The term worry = Merimno = anxious care, troubled BDAG = to be apprehensive, unduly concerned MOUNCE = concern oneself with. GL relates to care, a state of disquiet, that which one cares for, JL = denying God's care and love EDNT = be concerned Root = that which is existentially important, that monopolizes the hearts concerns VINCENT derived from mepis = to divide = dividing care, distracting the heart from the true object of life.

A commentator call worry an attitude of mental anxiety.

Paul revealed how the unmarried tend to be concerned about the things of the Lord and the married tend to be more concerned with matters of the world.

1 Corinthians 7:32–33 LSB

³² But I want you to be free from concern. One who is unmarried is concerned about the things of the Lord, how he may please the Lord.

³³ But one who is married is concerned about the things of the world, how he may please his wife,

Jesus in the parable of the sower revealed how the worries of the world choke the word and make it unfruitful.

Matthew 13:22 LSB

²² "And the one on whom seed was sown among the thorns, this is the one who hears the word, and the worry of the world and the deceitfulness of wealth choke

the word, and it becomes unfruitful.

Peter said instead of having your heart concerns be distracted from the Lord, rather you are to cast all these cares upon the Lord. The reason given is because God cares for you His child.

1 Peter 5:7 LSB

⁷ CASTING ALL YOUR ANXIETY ON HIM, because He cares for you.

You can summarize worry as a dividing or distracting care, that shifts your heart from God as your main concern.

It denies and distrusts God's care.

Jesus provided a few areas that people tend to be worried about.

about your life, as to what you will eat or what you will drink; nor for your body, as to what you will put on.

The grammar reveals that life and body are not in opposition (body and soul) rather for a parallel pair (your life and your body).

The term life =psuche= soul, the immaterial part, Bdag =life Sense= the condition of living or the state of being alive.

But in context here it refers to living or your earthly life, your earthly existence

People naturally are tend to be concerned about their basis food and drink.

Fasting by the way is an excellent revealers of how important these basic needs are to you in life.

Are you anxious about the nourishments you need to sustain life.

Food and clothing are connected together as the basic human needs for survival.

They tend to become all consuming concerns.

Our focus tends to narrow to these concerns.

Worry narrows your view of life to only see your basic concerns.

The first truth principle to deal with worry:

The principle

Is to expand your view to include understanding that you serve one master that is more than able to provide.

Is not life more than food, and the body more than clothing?

One commentator writes:

The question that is asked is a closed rhetorical question.

What is worth more life or food?

Your body or clothing?

Will not God who provides what is worth more supply the lesser things of food or clothing?

Jesus point to example sin nature.

26 “Look at the birds of the air,

The grammar here again is a command.

Here Jesus wants his disciples to consider God as provider even in nature.

Pointing to things in nature was typical of wisdom literature like you see in Job 12:7-10-beasts, birds, fish, Pr 6:6-11 - ant)

Birds are an illustration of God's provision.

that they do not sow, nor reap nor gather into barns, and yet your heavenly Father feeds them.

There is in fact a comparison being made between birds and farming or agricultural practices.

Farmers sow, reap and store in barns.

But birds do not sow, reap and store in barns, yet God feeds them.

God provides birds with abundant food resources and the instinct to find those resources for themselves and their offspring.

Job 38:41 LSB

⁴¹ “Who prepares for the raven its provision When its young cry for help to God And wander about without food?

Psalms 147:9 LSB

⁹ Who gives to the animal its food, *And* to the young ravens which call out.

The main point is God the Father provides for them.

Your Father feeds them.

Principle

Look at God's care in nature and then comprehend God's pervasive care and provision for His children.

| Example, I have pets. (dog)

| I feed them, walk, take it to the vet, even cuddle.

| How much more would I not seek to feed and provide for my own children.

1500 Illustrations for Biblical Preaching Worry

A child does not worry all day long whether his house will be there when he gets home from school or whether his parents will have a meal for him that evening. Children do not worry about such things, because they trust their parents. In the same way, we as Christians should trust our heavenly Father to supply what is best for us.¹⁵⁰¹

Are you not worth much more than they?"

This is a rhetorical question with the implied answer.

Yes you are worth much more than the birds in the sky.

You have been created in God's image.

You are the pinnacle of God's creation.

The Psalmist says it well.

Psalm 8:4–6 LSB

⁴ What is man that You remember him, And the son of man that You care for him?

⁵ Yet You have made him a little lower than *the* angels, And You crown him with glory and majesty!

⁶ You make him to rule over the works of Your hands; You have put all things under his feet,

If you are a believer in Jesus's death and resurrection, then you are His child.

God the Father gave His only Son to save His people from an eternity in Hell.

Surely your worth more than any bird or animal that God cares for.

Surely God will provide what you need.

Principle

The gospel reveals your worth much more than birds, yet God cares for them.

Application

Confess any worry or anxiety over your basic needs.

Consider God cares for the birds, How much more does He care for you since your worth much more.

The Gospel reveals the importance of man to God.

You can trust God your Father for your basic needs.

This does not imply you can be lazy and not do work.

Birds are not idle, neither should you be.

Proverbs 19:15 LSB

¹⁵ Laziness casts into a deep sleep, And a slack-handed soul will suffer hunger.

2. Worry and life vs 27

Matthew 6:27 LSB

²⁷ "And which of you by worrying can add a single cubit to his life span?

"27 "And which of you by worrying can add a single cubit to his life span?"

Many people worry about how long they will live.

If God is not in your worldview it makes sense.

The grammar reveals that as a timeless fact you cannot add a single cubit to your lifespan.

We need to understand some terms:

Can = dunamai, to be able, have power, be capable
Sense = become sufficient to meet a need or task.

Cubit =pechus= a cubit, equal length of a mans arm to the end of his middle finger,
21 inches= +-53,34 cm

lifespan=helikias=adult, full age BDAG =period of time that ones life continues,
Sense = **the period during which somethng is functional between birth and death.**

People anxiously try to lengthen their lifespans.

They exercise, eat carefully, supplement our diets, get checkups, just to add a few years to our lives.

These things may improve the quality and productivity of your life, but will not twist God's hands to extend your lifespan.

You can worry yourself to death but not to life(Dr Charles Mayo.

But you will not live one second , one minute, one hour or one day longer than what God has decreed.

Psalms 139:16 LSB

¹⁶ Your eyes have seen my unshaped substance; And in Your book all of them were

written The days that were formed *for me*, When as yet there was not one of them.

The principle

God has sovereignly decreed your lifespan even before you were conceived so don't worry about it.

It's out of your control

Application

Be careful that you don't make an idol of fitness, and health.

It has its benefits, but has no benefit with regard to godliness.

This does not imply you can recklessly do dangerous things .

You will sow what you reap.

3. Worry and clothes vs 28-30

Matthew 6:28-30 LSB

²⁸ "And why are you worried about clothing? Observe how the lilies of the field grow; they do not toil nor do they spin,

²⁹ yet I say to you that not even Solomon in all his glory clothed himself like one of these.

³⁰ "But if God so clothes the grass of the field, which is *alive* today and tomorrow is thrown into the furnace, *will He* not much more *clothe* you? You of little faith!

"28 "And why are you worried about clothing? Observe how the lilies of the field grow; they do not toil nor do they spin,

Another area people worry about is being inadequately clothed.

Fashion easily becomes an idol and a major concern these days.

In the time of Christ most people likely had only one or two sets of clothing.

Yet the grammar reveals that people customarily were anxious about these matters.

They were worried about one or two sets of clothing, how much concern would your cupboard reveal do you have for your attire, your outfits?

How about just how many pairs of shoes do you have?

Walk into any mall and take stock of how many clothing shops are there.

They serve as a billboard for people's great concern for their apparel.

Your concern for clothing is also seen in how much you spend on these matters.

Jesus again points to nature.

Look at the lillies.

Observe =katamanthano= intense+ learn= to thoroughly understand, BDAG = observe weell, notice, learn. SENSE = watch closely and learn

The term lilies= krina likely refers to the white lily candidum lilium.

The grammar reveals its a command.

You must learn from the lilies.

Lilies of the field, points to wild flowers in the area of Galilee, which may include likely the Scarlet poppy or the crown anemone

Jesus commands you to watch, observe, thoroughly understand how they grow (increase in size by natural processes).

These flowers grow from a small seed to being adorned with a splendid flower.

When you notice the intricate design and beauty.

Again Jesus contrast it with a spinster who toils hard and spins thread to use for fine clothing.

Without doing all that labor , God grows these maginificent flowers and clothes them in such beauty .

Like in South Africa people spend somuch money just to see the beauty of God's flowers in Namakwaland.

Jesus then compares the beauty of these flowers with the clothing found in the royal chambers of Solomon the most wise and richest king of Israel.

29 yet I say to you that not even Solomon in all his glory clothed himself like one of these.

God can clothe a wild flower that displays itself only for a few hours in greater beauty than the royal clothing of a king.

The next illustration points to the brevity the beauty of nature.

30 "But if God so clothes the grass of the field, which is alive today and tomorrow is thrown into the furnace,

God even clothes the grass that rapidly dies off.

Grass clothed is significantly worth less than God's people.

This statement prepares you for the final statement on clothing.

will He not much more clothe you? You of little faith!"

But

If God clothes the grass, with such a brief lifespan, how much more will he clothe you.

If God can clothe the wild flower with such grandeur, why worry about your apparel.

Believers may saving faith but struggle to have faith in God for basic needs like clothing.

We freely trust in God for our eternal destiny yet refuse to trust Him to provide our basic needs

Jesus then points to a core heart problem of worry.

At its heart it is the lack of faith.

You don't trust that God can provide or clothe you.

Nelson's Complete Book of Stories, Illustrations & Quotes **Someone Once Said ...**

Worry is a form of atheism, for it betrays a lack of faith and trust in God.—Attributed to Bishop Fulton J. Sheen

Principle

If God can clothe the flowers with such beauty, surely you can trust God to clothe you in beauty.

A key to overcoming worry about clothing is to trust God's ability to provide even better than you can provide.

Application

Confess your lusting after sinful stylish clothing.

That will only feed your pride.

Confess to God if you have made clothing and style your god.

If you learn to trust God totally, then you can trust him to take care of your clothing.

4. Worry and Words vs 31-32

Matthew 6:31-32 LSB

³¹ "Do not worry then, saying, 'What will we eat?' or 'What will we drink?' or 'What will we wear for clothing?'

³² "For all these things the Gentiles eagerly seek; for your heavenly Father knows that you need all these things.

"31 "Do not worry then, saying, 'What will we eat?' or 'What

will we drink?' or 'What will we wear for clothing?'

The grammar reveals a degree of probability(a degree of uncertainty).

Based on what Jesus had taught how God would care for your basic needs, for your clothing, Jesus addressed what might come from your mouth.

Your words reveal whats in your heart.

What worries you, you tend to talk about.

Jesus then gave two reasons why you should not express your worry for food , drink and clothing(basic needs)

First the negative reason.

32 "For all these things the Gentiles eagerly seek;

The Gentiles would refer to non Jewish unbelievers.

The grammar reveals that the unbeliever as a lifestyle seeks(wishes for, desires, endeavors), these things

What typifies unbelievers are their distracted concern for food, clothing and the things of the world.

If God is not central to your life, all your left with is the world.

The god of the unbeliever = Satan, the world and the flesh. (Eph 2:1-3)

Isaiah and Paul expressed their mindset.

Isaiah 22:13 LSB

¹³ Instead, behold, *there is* joy and gladness, Killing of cattle and slaughtering of sheep, Eating of meat and drinking of wine: "**Let us eat and drink, for tomorrow we may die.**"

1 Corinthians 15:32 LSB

³² If from human motives I fought with wild beasts at Ephesus, what does it profit me? If the dead are not raised, **LET US EAT AND DRINK, FOR TOMORROW WE DIE.**

The believers manner of life should reflect a total dependence upon the Lord.

The believers mindset may be expressed like Paul stated.

Philippians 1:23 LSB

²³ But I am hard-pressed between the two, having the desire to depart and be with Christ, for *that* is very much better,

The second reason your worry should not be expressed in words is Because God is your Father.

for your heavenly Father knows that you need all these

things.”

Your Father knows, He is aware, He possesses that information of your basic needs.

The grammar reveals that he knows from a specific point of time with ongoing effect.

God knows your needs these things as a timeless fact.

You donot need to express your worry to people, because God knows you need it.

Principle

So do not express your worries to people, but rather to God.

Philippians 4:6–7 LSB

⁶ Be anxious for nothing, but in everything by prayer and petition with thanksgiving let your requests be made known to God.

⁷ And the peace of God, which surpasses all comprehension, will guard your hearts and your minds in Christ Jesus.

Shift your concern from the need or want to trusting in God.

Application

Becareful about what comes from your mouth.

Confess all the times you have expressed your worry verbally as sin.

Repent of that.

When your worried, pray, and shift your distracting concern back to God’s concerns

Rather communicate your dependence upon the Lord and your faith in Him being omniscient.

In your prayer feel free to ask Him for your daily needs, understand He knows and trust Him to provide your needs.

Psalms 23:1 LSB

¹ Yahweh is my shepherd, I shall not want(lack, need)

5. Worry and its remedy vs 33

Matthew 6:33 LSB

³³ “But seek first His kingdom and His righteousness, and all these things will be added to you.

“33 “But seek first His kingdom and His righteousness,

The cause of worry is seeking the things of this world.

The cause of contentment is seeking the things above.

Seeking = zeteo = strive to find, look for BDAG= devote serious effort to realise the desire, object, strive for, aim, try to obtain, SENSE = try to reach something one desires

The grammar reveals that you are commanded as a lifestyle to seek two things.

Might call them the Christians divine priorities.

- God's kingdom.
- God's righteousness

Principle

To overcome worry prioritize and pursue God's kingdom and His righteousness as a lifestyle

Application

God's kingdom relate to :

His spiritual kingdom and His rule over your life.

1. If your an unbeliever:
 - a. Confess your sins
 - b. trust in Christ death and resurrection for the forgiveness of sins and access into His spiritual kingdom.
2. If your a believer
 - a. Seek to love, obey and trust God. (2 Pet 3:11)
 - b. Seek the things above,(Col 3:2-3)
 - c. Walk by His spirit (Gal 5:16)
 - d. Long for His return.
 - e. Seek to share the gospel with others

Paul described Gods kingdom

Romans 14:17 LSB

¹⁷ for the kingdom of God is **not** eating and drinking, but righteousness and peace and joy in the Holy Spirit.

The second thing you must seek is His righteousness, which relates to:

1. Seeking to be like Him
2. Seeking to obey His commands.

So instead of worrying about food, drink, clothing, focus your hopes, faith , love, devotion on the things of the Lord.

He promises :

and all these things will be added to you.”

The grammar reveal this as a prediction.

These things refer to your basic needs, food, drink and clothing will be added to you.

You will be the recipient of these things.

6. Worry and tomorrow vs 34

Matthew 6:34 LSB

³⁴ “So do not worry about tomorrow; for tomorrow will worry about itself. Each day has enough trouble of its own.

“34 “So do not worry about tomorrow;

The grammar again reveals a degree of probability(a degree of uncertainty).

You might not worry about tomorrow.

Jesus assumes His disciples may do this.

Many people worry so much that if they cannot find something to worry about today, they worry about possible problems in the future.

Worry often breeds a future distracting concern.

for tomorrow will worry about itself. Each day has enough trouble of its own.”

Jesus counters this mindset.

It's the conviction that tomorrow will take care of itself, because it's in the Father's hands.

You cannot live in the past or in the future.

You live in the present.

Jesus wants you to focus on dealing with the trials and temptations and struggles you have today.

There is enough trouble in each day to add the worries of tomorrow.

This does not negate wise future planning.

This encourages you to focuss on using God's means of grace to cope with today, and trust Hlm to provide enough grac eto deal with tommorrows problems when they arrive.

God's grace for tommorrow is not given now.

God's grace is sufficient each day at a time.

Isaiah 26:3–4 LSB

³ "The steadfast of mind You will keep in perfect peace Because he trusts in You.

⁴ "Trust in Yahweh forever, For in Yah—Yahweh *Himself*—*we have* an everlasting Rock.

The principle

Focus on trusting in God's grace to deal with todays concerns

AMG Bible Illustrations Keep Your Eye on the Sparrow

"Worry comes through human interference with the divine plan." "You cannot change the past, but you ruin a perfectly good present by worrying about the future." "Why worry when you can pray?" "Worry is interest paid on trouble before it is due."

Application

When you have that sleepness night concerned about tommorrow,

1. Pray about it.
2. Choose to trust the Lord.
3. Set your mind on God's grace being sufficient to meet your needs today.
4. Choose to set your mind on what is good and honorable.

Philippians 4:8–9 LSB

⁸ Finally, brothers, whatever is true, whatever is dignified, whatever is right, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence and if anything worthy of praise, consider these things.

⁹ The things you have learned and received and heard and seen in me, practice these things, and the God of peace will be with you.

Conclusion

John MacArthur Sermon Archive Overcoming Financial Worry, Part 2

You see worry means that you are mastered by your circumstances and not the truth of God. Worry misunderstands your position as a child of God, worry is a devastating sin, worry is a killing, debilitating, self-indulgent, possessive, anxiety, that says God can't care for me and I've got to do this thing myself

Instead of being anxious,

You should trust in God's providential care

place your hope in the Lord Jesus

keep focus on the Savior rather than the circumstances,

and find strength in Christ.