

## **Matthew 6:24-34 – Worry**

In these sermons, we are looking at some issues in the Christian life. Today we study one of the most common human problems, in all times and places. It is a daily part of life for many people. It is a crippling part of life for many people. But it does not need to be part of life at all. We are talking about worry.

### **1. Why is Jesus teaching about worry? (v24-25)**

Jesus was telling his disciples to be whole-hearted (v24). Nobody can properly serve two masters. If we are to serve God, then we cannot serve the things of this life. Therefore, if we are to serve God, we must trust God to take care of our earthly needs. Worry is an enemy, because it interferes, and stops us trusting God. It persuades us to give our hearts and minds to the things of this life again, instead of to him. The two major “worries” are food and clothing – how to sustain our life and provide for ourselves. People then worry about their jobs and their children’s education and problems in their clan and their health, because these all threaten their ability to provide their food and clothing for themselves and their families. God understands our thinking, doesn’t he?

### **2. Why does Jesus say we must not worry?**

Jesus gives us five reasons not to worry. First, it is a sin. He did not give only advice, or an idea – he commanded us. Worry dishonours God our Father. Secondly, we can see that God has already provided far greater things than we worry about (v25) – life and the body. Therefore, we should easily believe that he will provide whatever else these need. Thirdly, the birds and plants (v26-30) teach us that when all other ways fail, God can provide. He does this for them all the time! Fourthly, worry achieves nothing (v27) – what did you ever gain by worrying? Fifthly (v31-32), God is our heavenly Father. He is not the Father of unbelievers, and they need to repent because they are heading to eternal judgment. But if we are his children, then we can trust him. He is the perfect Father; if we try to provide for our children, how much more will he? And he is in heaven, so he has all power to provide everything that he desires.

### **3. What does Jesus tell us to do?**

Jesus tells us that worry comes from a lack of faith (v30). Therefore, we must try to increase our faith. Worry and trust are opposites. So, trust God more: bring your needs to him in prayer more, study his promises more, remember them more often, act upon them. If we ask God for more faith, he will answer; often by showing us troubles and his power to lead us through them. Jesus tells us (v33) to first seek God’s kingdom and righteousness. We must give ourselves to serving him, and this will leave no room for worries. When we give ourselves to him, he will carry our load for us. In verse 34 we are taught to pay careful attention to today’s challenges, not tomorrow’s. There will be enough each day. God gives daily bread and daily strength; we cannot demand him to give tomorrow’s supply today. Do not run ahead, but walk with him each day.