

Sermon Notes for November 8, 2020

WHAT, ME WORRY? MATTHEW 6:25-34

SERIES: RESILIENCY IN THE LIFE OF THE BELIEVER

³⁴ Therefore do not worry about tomorrow, for tomorrow will worry about its own things. Sufficient for the day *is* its own trouble. **Matthew 6:34 (NKJV)**

- **The worrier attempts to live in the future and that presents them with two problems:**
 1. The future is not here.
 2. The future is not theirs.

1. FACING THE STRONGHOLD OF WORRY

A. Worry Is Inconsistent

²⁵ "Therefore I say to you, do not worry 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? **Matthew 6:25 (NKJV)**

B. Worry Is Irrational

²⁶ Look at the birds of the air, for they neither sow nor reap nor gather into barns; yet your heavenly Father feeds them. Are you not of more value than they? **Matthew 6:26 (NKJV)**

C. Worry Is Ineffective

²⁷ Which of you by worrying can add one cubit to his stature? **Matthew 6:27 (NKJV)**

D. Worry Is Illogical

²⁸ So why do you worry about clothing? Consider the lilies of the field, how they grow: they neither toil nor spin; ²⁹ and yet I say to you that even Solomon in all his glory was not arrayed like one of these. ³⁰ Now if God so clothes the grass of the field, which today is, and tomorrow is thrown into the oven, *will He* not much more *clothe* you, O you of little faith? **Matthew 6:28-30 (NKJV)**

E. Worry Is Irreligious

³¹ Therefore do not worry, saying, 'What shall we eat?' or 'What shall we drink?' or 'What shall we wear?' ³² For after all these things the Gentiles seek. For your heavenly Father knows that you need all these things. **Matthew 6:31-32 (NKJV)**

2. FIGHTING THE STRONGHOLD OF WORRY

A. You Need A System of Priorities

³³ But seek first the kingdom of God and His righteousness, and all these things shall be added to you. **Matthew 6:33 (NKJV)**

B. You Need A Strategic Program

³⁴ Therefore do not worry about tomorrow, for tomorrow will worry about its own things. Sufficient for the day *is* its own trouble. **Matthew 6:34 (NKJV)**

1) Don't dwell on tomorrow's stress

²⁵ As your days, so shall your strength be. **Deuteronomy 33:25a (NKJV)**

2) Don't dwell on yesterday's mess

¹³ Brethren, I do not count myself to have apprehended; but one thing *I do*, forgetting those things which are behind and reaching forward to those things which are ahead, **Philippians 3:13 (NKJV)**

3) Don't dwell on yesterday's success

¹⁴ I press on toward the goal to win the prize for which God has called me heavenward in Christ Jesus. **Philippians 3:14 (NIV)**

4) Don't dwell on yesterday's distress

¹⁷ For our light and momentary troubles are achieving for us an eternal glory that far outweighs them all. ¹⁸ So we fix our eyes not on what is seen, but on what is unseen. For what is seen is temporary, but what is unseen is eternal. **2 Corinthians 4:17-18 (NIV)**

3. FOUR KEY VERSES AND SIX KEY WORDS

- Psalm 50:15; 55:22; 1 Peter 5:7; Phil. 4:6-7

- **Six words of wisdom for worriers:**

"WORRY ABOUT NOTHING – PRAY ABOUT EVERYTHING!"