

The Answer to Worry
Matthew 6:25-34
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Introduction:

Worry Statistics

Simple Disclaimers

1. "Don't Worry" doesn't mean don't plan.
 2. "Don't Worry" doesn't mean don't be concerned.
- Concern is attached to the present worry to the future.
- Wygran = to choke or strangle
- Jesus says two things about worry
- Vs. 25 Stop worrying.
- Vs. 31 Don't start worrying.

I. Worry is Unnecessary Because of Our Father Vs. 25-27

- A. God is sovereign.
- B. God is owner, controller, and provider.
- C. Examples
 1. God always feeds His creatures. Vs. 26-27
 2. God controls life span of all. Vs. 27"Worry doesn't rob tomorrow of its sorrows, it robs today of its strength."
- D. God dresses the meadows. Vs.28-30

II. Worry is Uncharacteristic Because of Our Faith VS.30-33

- A. Worry is ok for sinners not saints.
- B. Worry shows a lack of trust in God.
- C. Seek Gods kingdom first.

III. Worry is Unwise Because of Our Future Vs. 34

- A. God is faithful.
- B. A plan to fight worry.
 1. Don't worry about tomorrow's stress.
 2. Don't worry about yesterday's mess.
 3. Don't worry about yesterday's success.
 4. Don't worry about yesterday's distress.

Conclusion:

Practical steps to deal with worry.

1. Meditation on God's Word.
2. Listening to music. (Saul 1Samuel 16:14-23)
3. Cultivate the awareness of the Holy Spirit in your life.