



What Does Jesus Have to Say? ABOUT WORRY

→ Northminster Church | May 16, 2010

"Therefore I tell you, do not worry about your life..." Matthew 6:25

Five Reasons We're Not to Worry

Matthew 6:25-34

1. Worry is **UNREASONABLE**

"Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more important than food, and the body more important than clothes?" (25)

2. Worry is **UNNATURAL**

"Look at the birds of the air; they do not sow or reap or store away in barns, yet your heavenly [Abba] feeds them. Are you not more valuable than they?" (26)

"And why do you worry about clothes? See how the lilies of the field grow. They do not labor or spin. Yet I tell you that not even Solomon in all his splendor was dressed like one of these." (28-29)

3. Worry is **UNHELPFUL**

"Who of you by worrying can add a single hour to [their] life?" (27)

4. Worry is **UNNECESSARY**

"If that is how God clothes the grass of the field, which is here today and tomorrow is thrown into the fire, will [God] not much more clothe you, O you of little faith?" (30)

5. Worry is **UNCHRISTIAN**

"So do not worry, saying, 'What shall we eat?' or 'What shall we drink?' or 'What shall we wear?' For the pagans run after all these things, and your heavenly [Abba] knows that you need them." (31-32)

How to Break the Worry Habit

1. Put God **FIRST** in **EVERY AREA** of your life

"But seek first [God's] kingdom and [God's] righteousness, and all these things will be given to you as well." (33)

2. Live **ONE DAY AT A TIME**

"Therefore, do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own." (34)

3. Trust God to care for those things **BEYOND YOUR CONTROL**

"If that is how God clothes the grass of the field... will [God] not much more clothe you, O you of little faith?" (30)

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