

Worry

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Main Verse: [Matthew 6:24](#)

PTSD of the Christian Life — Series

Worry

Pastor Brent Snook · September 20, 2026 · AM Service

Text: [Matthew 6:24–34](#)

"You can't change the past, but you can ruin a perfectly good present by worrying about the future." — *Decision Magazine*

Worry is one of the most universal human experiences — and one of the most destructive.

"Worry does not empty tomorrow of its sorrow. Worry only empties today of its strength." — Corrie Ten Boom

2 Disclaimers About Worry

1. "Don't worry" does not mean "Don't plan "
2. "Don't worry" does not mean "Do not be concerned "

3 Problems with Worry

1. It is Unhelpful
2. It is Unreasonable
3. It is Unhealthy

"No man can serve two masters... Ye cannot serve God and mammon. Therefore I say unto you, Take no thought for your life..." — [Matthew 6:24–25](#)

The word "worry" comes from the German *wurgen* — meaning "to choke" or "strangulation." Worry will choke the joy right out of you. But Jesus has a better way.

Jesus Gives Us 3 Steps to Stop Worrying

Read [Matthew 6:24–34](#)

I. REALIZATION OF GOD'S LOVE

A. Birds — Physical Needs (v. 26)

"Which of you by taking thought can add one cubit unto his stature?" — [Matthew 6:27](#)

B. Lilies of the Field — Material Needs (vv. 28–30)

"Consider" (Greek: *kathamanthano*) = to study.

"He that spared not his own Son, but delivered him up for us all, how shall he not with him also freely give us

all things?" — [Romans 8:32](#)

II. REST IN GOD'S [LORDSHIP](#) — vv. 31–32

"When we think just like the world and crave just like the world — we will worry just like the world."

"If ye then, being evil, know how to give good gifts unto your children, how much more shall your Father which is in heaven give good things to them that ask him?" — [Matthew 7:11](#)

III. RETURN TO HIS [LEADERSHIP](#) — vv. 33–34

"But seek ye first the kingdom of God, and his righteousness; and all these things shall be added unto you." — [Matthew 6:33](#)

A. Reign — His Place in the Relationship

Allow God His rightful first claim — in your daily time of prayer and Bible reading, in your weekly worship, in your finances, and in your choices. *"In all thy ways acknowledge Him and He shall direct thy paths."* — [Proverbs 3:6](#)

B. Righteousness — Our Part in the Relationship

Sin results in unrest. Purity results in peace. *"Thou wilt keep him in perfect peace whose mind is stayed on thee; because he trusteth in Thee."* — [Isaiah 26:3](#)

3 Words That Give Victory Over Worry

1. [Faith](#) (v. 30) — Trusting God to meet our worries
2. [Father](#) (v. 32) — Knowing He cares for His children: *"Your Father"*
3. [First](#) (v. 33) — Putting God's will first so He is glorified

— Worry About Nothing — Pray About Everything —

"Take therefore no thought for the morrow: for the morrow shall take thought for the things of itself. Sufficient unto the day is the evil thereof." — [Matthew 6:34](#)

"Seek ye the LORD while he may be found, call ye upon him while he is near." — [Isaiah 55:6](#)

Personal Takeaways

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