

Finding Hope in Handling Worry Worry Makes You Small

Introduction

A. Uses of worry in Matthew 6

1. **v. 25** - *Do not be worried*
2. **v. 27** - *And who of you by being worried can add a single hour to his life?*
3. **v. 28** - *And why are you worried about clothing...?*
4. **v. 31** - *Do not worry, then...*
5. **v. 34** - *So do not worry...*

B. Worry is the Greek word merimnaw -- "To divide, rip or tear apart."

1. "to feel distressed in the mind, be anxious, troubled, or uneasy."
2. "An inappropriate concern about something in the future that you cannot control or that you cannot be sure will truly come to pass."

C. Important contextual clues

1. **vv. 19-21** - *Do not store up for yourselves treasures on earth.*
2. **vv. 22-23** - *Be sure your focus is correct.*
3. **v. 24** - *You cannot serve both God and money.*

D. The significance of Jesus discussing the meaning of life

1. He is life.

John 14:6 - *Jesus said to him, "I am the way, and the truth, and the life; no one comes to the Father but through Me..."*

2. He created life.

John 1:3 - *All things came into being through Him, and apart from Him nothing came into being that has come into being.*

3. He offers abundant life.

John 10:10 - *...I came that they may have life, and have it abundantly.*

3 characteristics of abundant life that is often obscured by worry:

I. Abundant Life Focuses on One's Eternal Destiny

Luke 12:13 - *"Teacher, tell my brother to divide the family inheritance with me."*

A. The parable of the rich fool

Luke 12:17 - *And he began reasoning to himself, saying, "What shall I do, since I have no place to store my crops?"*

Luke 12:18 - *Then he said, "This is what I will do: I will tear down my barns and build larger ones, and there I will store all my grain and my goods."*

Luke 12:19 - *"And I will say to my soul, 'Soul, you have many goods laid up for many years to come; take your ease, eat, drink and be merry.'"*

Proverbs 30:7-9 - *Two things I asked of You, do not refuse me before I die: keep deception and lies far from me, give me neither poverty nor riches; feed me with the food that is my portion, that I not be full and deny You and say, "Who is the Lord?" Or that I not be in want and steal, and profane the name of my God.*

Luke 12:21 - *So is the man who stores up treasure for himself, and is not rich toward God.*

Luke 12:20 - *But God said to him, "You fool! This very night your soul is required of you; and now who will own what you have prepared?"*

B. 2 Peter 1:10 - *...brethren, give diligence to make your calling and election sure: for if ye do these things, ye shall never fall.*

II. Abundant Life Hopes in God's Resources Not Man's

Luke 12:32 - *Do not be afraid, little flock, for your Father has chosen gladly to give you the kingdom.*

Luke 12:23 - *For life is more than food, and the body more than clothing.*

A. Learn to replace sinful worry with joyful trust

B. T/F – Life does not consist in the abundance of things a man possesses, it consists of drawing near to the father and watching Him supply your need in His time and in His way.

III. Abundant Life Cares About those Who are Less Fortunate

Luke 10:40 - *But Martha was distracted with all her preparations; and she came up to Him and said, "Lord, do You not care that my sister has left me to do all the serving alone? Then tell her to help me."*

Luke 10:41-42 - *But the Lord answered and said to her, "Martha, Martha, you are worried and bothered about so many things; but only one thing is necessary, for Mary has chosen the good part, which shall not be taken away from her."*

A. The good Samaritan

Luke 10:34-35 - *and came to him and bandaged up his wounds, pouring oil and wine on them; and he put him on his own beast, and brought him to an inn and took care of him. "On the next day he took out two denarii and gave them to the innkeeper and said, 'Take care of him; and whatever more you spend, when I return I will repay you.'"*

B. **Luke 12:33-34** - *Sell your possessions and give to charity; make yourselves money belts which do not wear out, an unfailing treasure in heaven, where no thief comes near nor moth destroys. For where your treasure is, there your heart will be also.*