

Worried Sick

Matthew 6:34

- I. Jesus' Command Not to Worry (25a)
- II. Jesus' Arguments for Not Worrying (25b-34)
 - A. God's Character: You can trust your father (25b-30)
 - B. Kingdom Priorities: You now live for God's Kingdom (31-33)
 - C. Simple Logic: You can only live in today (34)
 1. The relationship of v. 34 to the context – "So."
 2. The repetition of the command – "Do not worry."
 3. The reasons not to worry about tomorrow...
 - a) You are not responsible for tomorrow (34b).
 - b) You can only live in today (34c).

How can we live “in today”?

1. Deal with today's troubles today (Mt. 6:34c).
2. Pray about your legitimate future cares and responsibilities today (Phil. 4:6; 1 Pet. 5:7).
3. Plan and do what ought to be done about your future legitimate cares today (Pr. 6:6-11; 10:5; 30:24-25).
4. Constantly remind yourself that God only gives grace for today's troubles (Is. 33:2; Lam. 3:22-23).