

**BREAKING THE STRANGLE-HOLD**  
**MATT. 6:25-34 / 7-26-20 / AM**

**I. FIRST, WORRY IS UNSPIRITUAL.**

- A. Most people in Jesus' day worried about the basic necessities of life as verse 25 indicates—Matt. 6:25.
- B. Although, if this Pandemic continues to drag on, we may all start worrying about the basic necessities of life, we also worry about things like cancer, terrorism and our families.
  - 1. The first word of this verse, “therefore” ties it with the verse just before it, verse 24—Matt. 6:24.
  - 2. Jesus' point is that we either trust money or the economy or we can trust God, but we can't trust both.
- C. I completely agree that I should trust God in every situation, but I must confess that I am a worrier.
  - 1. I find myself reacting to things around me the way Peter did when Jesus invited him to walk on water in Matt. 14:28-30.
  - 2. One thing that helps me to combat my instinct to worry are Paul's words in Phil. 4:19.

**II. SECOND, WORRY IS UNPRODUCTIVE.**

- A. This is what Jesus says in verses 26-30—Matt. 6:26-30.
- B. In verse 27 Jesus demonstrated that worry is unproductive because it can't add a single hour to our lives.

**III. THIRD, WORRY IS UNNECESSARY.**

- A. This is what Jesus says in verses 31-32—Matt. 6:31-32.
- B. In verse 33 Jesus promises us, that if we get our priorities straight by keeping God first place in our lives, it's unnecessary to worry—Matt 6:33.

**IV. FOURTH, WORRY IS UNWARRENTED.**

- A. Jesus isn't saying we shouldn't plan ahead—Matt. 6:34a.  
**Matthew 6:34a**  
**Therefore do not worry about tomorrow, for tomorrow will worry about itself...**
- B. Jesus is saying, however, we should just focus on one day at a time—Matt. 6:34b  
**Matthew 6:34**  
**...Each day has enough trouble of its own.**