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.