

THE NORMAL CHRISTIAN LIFE

Studies in the Sermon on the Mount

Session 35

“Thou Shall Not Worry”

I. Introduction to the Closing Section of Chapter 6

"Therefore I say to you, do not worry about your life..."

Matthew 6:25

A. The Importance of Biblical “Therefore’s”

1. Jesus begins this important teaching on the problem of worry, anxiety and fear with the word “Therefore”; which means that everything He is about to say is the result of something He just said.

When you read ‘therefore’ in the Bible, find out what it’s “there for”.

Derek Prince

2. Worry is a great enemy to the normal Christian life. But Jesus doesn’t just say “Don’t worry”; He says, “*Therefore* I say to you, don’t worry.”

3. He is connecting what is ABOUT to say with what He has JUST SAID. Another Bible translation says...

***"For this reason* I say to you, do not be anxious for your life..."**

Matthew 6:25 NASB

B. Review What He Just Said

1. Remember He taught us the Lord's Prayer...to see God as **our "Father"** (Therefore, do not worry).

2. He told **us our true treasure is in heaven**, not on earth. (Therefore, do not worry).

3. He said our heart will be where our treasure is, so we keep our eye fixed on our treasure in heaven and our whole body will be full of light. (Therefore, do not worry).

4. **In Matthew 6:24**, He said we "serve God", not "mammon"; money and possessions are not our God. (Therefore do not worry)

5. For all these reasons, He now says...

"Therefore, thou shalt not worry"!

Matthew 6:25

a. Another version says...

Therefore I say unto you, *Take no thought* for your life (KJV)

"The real meaning of 'take no thought' is 'Be not anxious', or 'Have no anxiety', or if you prefer it, 'Do not worry' about your life; it is the word used to describe that which separates or distracts us."

Dr. David Martyn Lloyd-Jones

For this reason I say to you, *do not be anxious* for your life

Matthew 6:25 (NASB)

6. My testimony: I believe the devil tempts us to worry and be anxious about our lives for one reason...to rob us of our peace in Christ and to distract us from focusing on the Kingdom of God.

"It is immaterial to the devil whether you are laying up treasures on earth or

worrying about earthly things; all he is concerned about is that your mind should be on them and not on God. And he will assail and attack you from every direction.”

David Martyn Lloyd-Jones, Studies in the Sermon on the Mount

a. Remember the story of Mary and Martha in John 10: Mary is sitting at the Master’s feet while her sister is busy making supper. Martha doesn’t like it and asks Jesus to tell Mary to give her a hand...

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

Luke 10:41-42 NASB

b. Imagine the scene. Here you have a personal visit from Jesus, the Son of God who is sitting at your table fellowshiping with you and teaching you His word; but you miss the whole point because you’re worried about supper!

c. Martha was worried and bothered about “many things”; but Jesus says only one thing is necessary; Scottish Pastor James Moffatt translated

“...but Mary has chosen the best dish.”

The Moffatt Translation of Luke 10:42

d. Martha chose to worry about supper; but Mary chose not to worry or be distracted.

7. Worry is warfare upon the mind; our choice is what to think about.

Matthew 6:25

II. Weapons against Worry

A. Begin with the Greater

"(Therefore) For this reason I say to you, do not be anxious for your life, *as to* what you shall eat, or what you shall drink; nor for your body, *as to* what you shall put on. Is not life more than food, and the body than clothing?

Matthew 6:25

1. Who gave me my life? God. If God gave me my very life, how could He not provide me the food to keep it alive?

2. Who gave me this body to live in? God. If God gave my body, how would He not also give me the clothing to cover it?

B. Behold the Birds

1. Look out the window!

"Look at the birds of the air, that they do not sow, neither do they reap, nor gather into barns, and *yet* your heavenly Father feeds them. Are you not worth much more than they?

Matthew 6:26

2. Become a bird watcher. Meditate on the “Providence” of God; His nature to provide for His creation!

3. If God takes care of the birds, how much more will He take care of me?

C. Look at the Lilies

"And why are you anxious about clothing? Observe how the lilies of the field grow; they do not toil nor do they spin, yet I say to you that even Solomon in all his glory did not clothe himself like one of these.

Matthew 6:28-29

1. Instead of worry, think this way...

"But if God so arrays the grass of the field, which is alive today and tomorrow is thrown into the furnace, will He not much more do so for you, O men of little faith?

Matthew 6:30

Here we have a common Christian problem: "little faith".

2. Jesus will never put us to shame. But in my opinion, this is as close as He ever comes to shaming us; "O ye of little faith".

- a. He did not say "no faith"; if we don't have faith we can't be saved.
- b. He said "little faith"; and He is referring to Christians who worry!

Our Lord, indeed, goes so far as to say that worry in a Christian is always due ultimately to a lack of faith, or to little faith..

This type of faith is confined solely to the question of the salvation of our souls, and it does not go beyond that.

It does not extend to the whole of life and to everything in life.

David Marty Lloyd Jones

c. How many Christians have faith for the greatest thing, the salvation of their eternal souls, then spend their lives worrying about not having enough money to live on?

3. We say believe that God provides for the grass and the flowers, which are temporary; but then we sit around and worry that He might not take care of us who will live forever? That's little faith!

4. In the middle of these metaphors about birds and flowers, He says this:

"And which of you by being anxious can add a single cubit to his life's span?

Matthew 6:27 NASB

Can all your worries add a single moment to your life?

Matthew 6:27 NLT

5. This is a most logical argument! “Where does all your worry get you?”

a. Worry is harmful!

The stress hormones that worry dumps into your brain have been linked to shrinking brain mass, lowering your IQ, being prone to heart disease, cancer, premature aging, family dysfunction and clinical depression, and making seniors more likely to develop dementia and Alzheimer’s.

Don Goewey in *The End of Stress*

b. Worry is a waste of time! Much modern research is being done on the problem of worry...

It turns out that 85 per cent of what subjects worried about never happened, and with the 15 percent that did happen, 79 percent of subjects discovered either they could handle the difficulty better than expected, or the difficulty taught them a lesson worth learning. This means that 97 percent of what you worry over is not much more than a fearful mind punishing you with exaggerations and misperceptions.

Don Joseph Goewey in the Huffington Post

c. 1500 years after Jesus told us worry is a waste of time, French philosopher Michel de Montaigne said this...

“My life has been filled with terrible misfortunes, most of which never happened.”

Michel de Montaigne, 16th century French philosopher

7. All this is why 3 times in 10 verses Jesus says, “Thou Shalt Not Worry”!

- Look at the birds
- Consider the lilies

- Know it's not helping
- And finally, it's don't do it because it's how the world lives!

“So don’t worry about these things, saying ‘what shall we eat’ or ‘what shall we drink’ or ‘what will we wear’? These things dominate the thoughts of unbelievers; but your heavenly Father already knows all your needs.”

Matthew 6:31-32

III. One More “Therefore”

A. Live One Day at a Time

But seek first his kingdom and his righteousness, and all these things will be given to you as well. 34 Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.

Matthew 6:33-34 NIV

1. Here it is:

- Be about seeking God’s kingdom and His righteousness; keep your eye “single”; don’t worry because when you do that you’ll receive everything you need
- Pray “give us this day our DAILY bread”
- Choose to refuse any worry or fear about what may happen tomorrow; it will have trouble of its own.

Altar Call and Prayer