



❖ The Command—Do Not Worry About Your Life (Mat 6:25a)

- *Therefore (since you can't serve God and money v. 24)*
 - Closely associated with *money* is the worry over provision.
- *Don't worry (merim-nate)*
 - The likely etymology for *worry* is “the dividing of the mind.”
 - Jesus is not only the emancipator from false treasures, but is the liberator from worry.
 - However, work and planning are positive things in Scripture.
 - *Worry*—anxious attention, fretting, fear, over-concerned, fuss, lose sleep.
 - For those who say I don't worry, it can also include strive for, intent on, brood, speculate, lose sleep, obsess over, be overly interested in, preoccupied (Psa 127:2).
 - This is not a peripheral issue: (1 Pet 5:7; Phil 4: 6; Luk3 21:14)
- *About your life . . . or your body*
 - Your life. (lit. *your soul, pseuche*). Soul often in the NT refers to the whole of a person's life, including the spiritual, but not to the neglect of the physical).
- Eat, drink and clothing are only examples of basic needs and provision.
 - A person dominated by such concerns will by necessity neglect weightier things.
- worry, fear, anxiety and obsession are not little weaknesses.
 - A kingdom switch is required. Surrender your life for his. No treaties.
 - Demanding a life dedicated to what is really important

❖ Seven Reasons not to Worry (Mat 6:25b-32)

- 1) Life is more important than temporal worries (25b).
- 2) Birds do it without worry (26). God cares for birds & animals (Psa 104:14; 147:9).
- 3) Worry doesn't work; it achieves nothing, so why do it? (27).
- 4) Flowers are beautiful without worry (28-30a).
- 5) It is unbelief (30b). Worry is “is practical atheism.”
 - It is trusting myself, both to predict and resourcefully respond to the future.
 - Worry is essentially a failure to trust God; an offense to a faithful God.
- 6) Unbelievers worry (31-32a)
- 7) You have a good, loving, present and strong Father (32b).
 - This is the greatest antidote for anxiety.

❖ Change to Kingdom Priorities (33-34)

- Here Jesus switches from the defense to the offense. Worry puts *all these things* first. The seeking the kingdom first puts everything else into perspective.

- Seek His kingdom first (not yours). Get on the offense.
 - This is the climax of the passage. Kingdom-preoccupation cures anxiety.
 - We're surrounded by passive and event-oriented spirituality. We've lost what it means to chase our lover.
 - *seek* is a present (tense) imperative (mood). *Seeking* speaks of personal energy directed in the now. *Seek*—search for, hunt, want, look, ask, pant after, long

- How do we seek His kingdom first?
 - Center one's mind and behavior on the King.
 - Begin by giving Him your life. Establish his loving and truthful rule in your life.
 - Seek Him inwardly through prayer and in His Word and fellowship.
 - Seek Him outwardly through serving others.

- God's got your back covered.
 - Then it *will be added*.
 - There is no limit—*all these things*.

- Each day has enough trouble, without amplifying it with worry. Jesus takes a bit of secular wisdom (a common proverb) and applies it as the humorous closer.
 - Lit. "Tomorrow will be anxious for itself. Sufficient to the day is its evil."
 - Similar idea is in James 4:13-15.

❖ Taking It Home

- What if you had all the time back in your life where you've worried?
- Worry splits our trust and loyalty. Have you felt that?
- Of the seven reasons not to worry, which ones stand out to you?
- How do we recapture the offense—seek his kingdom?
- You have a father. What does it mean to have God as your father?