“Don’t Worry, Be Happy”

Matthew 6:25-34

25 “Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more than food, and the body more than clothes?

26 Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they?

27 Can any one of you by worrying add a single hour to your life?

28 “And why do you worry about clothes? See how the flowers of the field grow. They do not labor or spin.

29 Yet I tell you that not even Solomon in all his splendour was dressed like one of these.

30 If that is how God clothes the grass of the field, which is here today and tomorrow is thrown into the fire, will he not much more clothe you—you of little faith?

31 So do not worry, saying, ‘What shall we eat?’ or ‘What shall we drink?’ or ‘What shall we wear?’

32 For the pagans run after all these things, and your heavenly Father knows that you need them.

33 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.

Society provides us with plenty of opportunities to worry. As time goes on, things will only get worse. Fear has gripped many people’s hearts and caused them to be anxious.

People are anxious about
How they look
What they are wearing
How much money they have in the bank
Rising costs
Falling income
Paying the bills
Are their children going to turn out right
Keeping up with the Jones’

They worry about
Their health
Their job
Who they will marry
If they are married, how long it will last

This leads to all sorts of health issues
Inability to relax
Sleeplessness
Tension headaches  
Irritability  
High blood pressure  
Ulcers  
Heart disease  
…etc…

Unfortunate many Christians have joined the ranks of those who worry and fret about everything. And if it's not everything, most of us can put our hand up to worrying about some things. “It's normal to worry a little bit”. But is it?

Instead of trusting in the power, provision and protection of God we have become used to living anxiety plagued lives. Because we are in the world, it's easy to be caught up with the flow of the world. But we are not of the world. Yet, some of us have allowed Satan to defeat us and cause us to stumble. And if not today, he’s constantly looking to catch us at some point in the future.

James makes it clear that this anxiety, want and lust is the major source of divisions within the body of Christ:

James 4:1-3 NIV What causes fights and quarrels among you? Don't they come from your desires that battle within you? You want something but don't get it. You kill and covet, but you cannot have what you want. You quarrel and fight. You do not have, because you do not ask God. When you ask, you do not receive, because you ask with wrong motives, that you may spend what you get on your pleasures.

As Christians fear and horde their finances or stay safe within the confines of the church building, the work of the church in the world through evangelism and missions is hindered. We are not an example that people will want to follow.

The Lord Jesus in The Sermon on the Mount (Matthew 5-7) laid down guidelines on how Christians are to live in this world. We are to live radically different lifestyles from the world around us. And as time goes on and society continues to turn upside down, remaining fixed on God's principles will make us stand out even more. We have to decide to live by God’s Word (which does not change) or with the flow of the world, which is constantly changing - moving further away from God's principles.: 

Principally, Matthew 5:13-16 (NIV):

13 “You are the salt of the earth. But if the salt loses its saltiness, how can it be made salty again? It is no longer good for anything, except to be thrown out and trampled underfoot.

14 “You are the light of the world. A town built on a hill cannot be hidden. 15 Neither do people light a lamp and put it under a bowl. Instead they put it on its stand, and it gives light to everyone in the house. 16 In the same way, let your light shine before others, that they may see your good deeds and glorify your Father in heaven.

The Kingdom principles in The Sermon on the Mount are still for today.

And as we live the way that Christ desires for us to live we will draw people to us because without hope it's very difficult to avoid worry in the world we live in.
Matthew 6:25
"Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more than food, and the body more than clothes?

Jesus is emphatic in trying to get this point across to His children.

Throughout this section of Scripture He commands that we are not to be anxious.

DO NOT WORRY (BE ANXIOUS) (3 times)

Matthew 6:25 “..do not worry (be anxious) about your life..

Matthew 6:31 “..do not worry about..”

• What you will eat
• What you will drink
• What you will wear.

Matthew 6:34 “..do not worry about tomorrow..”

Medical doctors will tell us that worry inflicts both physiological and psychological damage. So when God commands us not to worry, perhaps He knows why it’s important for us to follow this instruction!

What is far worse than both of those outcomes is the fact that worry is sin. When we worry we are displaying **unbelief** in our Heavenly Father’s ability to care for us.

Disbelief = based on a lack of evidence

Unbelief = conscious decision NOT to believe.

KJV for Do Not Worry = “Take no Thought” = Be not anxious, or, have no anxiety

Worry, taken from Old English/German = “to choke” or “to strangle”

Jesus is saying, “Stop Worrying!”. Literally: “Do not even start!”

Worry = Greek merizo = To divide into parts. Suggests distraction and preoccupation.

We need to believe God’s Word and trust His promises He has given us:

Philippians 4:19 NIV And my God will meet all your needs according to His glorious riches in Christ Jesus.

*Thinking about the context of the people who heard this sermon:*

*If it didn’t rain, or there wasn’t enough snow in the mountains, the streams would not run.*

*If the streams did not run, there was not enough water.*

*If the crops failed they had no money or no food.*

We need to build confidence in the Word of God, which is building confidence in God. This only comes by studying and applying ourselves. It comes by making His Word priority in our lives.

God has given to us the gift of life. We haven’t even begun to answer how we even got up from our sleep this morning and what holds us together. Beyond this God gave us the greatest gift, His Son so that we might have eternal life. And yet, we doubt His love and ability to provide for us.

Romans 8:32 NIV “He who did not spare his own Son, but gave him up for us all—how will he not also, along with Him, graciously give us all things?”
Why are we tempted to think that He doesn’t care for us? Or that He is not capable of providing for us?

**Matthew 6:26-30**

*Don’t be anxious about food, drink*

26 “Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they?”

We are to watch birds. We do not want to misunderstand what our Lord is saying. Does He mean that we have no responsibility to care for ourselves? Absolutely not!

1) Believers aren’t excused from earning a living.

2 Thessalonians 3:10 NIV For even when we were with you, we gave you this rule: “The one who is unwilling to work shall not eat.”

2) Believers aren’t excused from concern for others

Christians are responsible to not horde and waste what God has given them. They are responsible for inequitable distribution.

3) Believers aren’t excused from experiencing trouble

John 16:33 NIV “I have told you these things, so that in me you may have peace. In this world you will have trouble. But take heart! I have overcome the world.”

Birds do not just sit perched singing all the time. They work at finding their food. When they follow God’s plan, they find adequate food.

They do not, however, worry about where their food will come from.

If God takes care of birds, which are not made in the image of God, How much more will He take care of us?

*Don’t be anxious about longevity*

27 [NIV] Who of you by worrying can add a single hour to his life? [KJV] Who can add a single cubit to their life span?

Since a cubit is 18” it would be quite foolish for anyone to worry about adding such a measurement to their height.

Our society is obsessed and consumed with the length of one’s life.

On any given day you can easily find all sorts of commercials and advertisements for treadmills, weights, gyms, aerobic workout classes, zumba, etc.

It is good to take care of your body but whether you are rich or poor, in shape to run a marathon, or out of shape, can we really add a single hour to their lives? I’ve heard of people dying young from natural causes while others who have smoked and drunk all their lives yet made it to over 100 years.
Death comes far too quickly for everyone. Worry, if it accomplishes anything, shortens life.

Don’t be anxious about clothing

vs 28-30

“And why do you worry about clothes? See how the flowers of the field grow. They do not labour or spin.

29 Yet I tell you that not even Solomon in all his splendour was dressed like one of these.

30 If that is how God clothes the grass of the field, which is here today and tomorrow is thrown into the fire, will he not much more clothe you—you of little faith?”

This is an area of real imbalance in our society. Fashion has become a god. Models are among the highest paid of our society. The Word of God says that we are to be more concerned with inner, godly character than outer beauty:

1 Peter. 3:3-4 NIV “Your beauty should not come from outward adornment, such as braided hair and the wearing of gold jewellery and fine clothes. Instead, it should be that of your inner self, the unfading beauty of a gentle and quiet spirit, which is of great worth in God’s sight.”

This verse speaks to people who are changing their outward appearance rather than understanding this is not the way that God views us; it’s not the way He sees value.

None of those can even begin to compare with the way that God adorns flowers and mere blades of grass. He adds that the grass is here today and is used tomorrow to fuel an oven or furnace.

It’s no coincidence that the things God says not to worry about (life, food, clothing, tomorrow) are all primary areas of promotion and status in today’s society.

Matthew 6:31-33

So do not worry, saying, ‘What shall we eat?’ or ‘What shall we drink?’ or ‘What shall we wear?’ For the pagans run after all these things, and your heavenly Father knows that you need them. But seek first his kingdom and his righteousness, and all these things will be given to you as well.

Here, this is the second time Jesus tells them not to not worry or be anxious about food, drink or clothing; worrying about these things are what the unbeliever occupy themselves with. These are the main messages of our society today.

1 Corinthians 15:32 NIV “If I fought wild beasts in Ephesus for merely human reasons, what have I gained? If the dead are not raised, “Let us eat and drink, for tomorrow we die.”

When a believer has needs we simply need to let our Heavenly Father know what we need:

Philippians. 4:4-7 NIV Rejoice in the Lord always. I will say it again: Rejoice! Let your gentleness be evident to all. The Lord is near. Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

Worry begins in the mind.
vs 33: “But seek first his kingdom and his righteousness, and all these things will be given to you as well”

Seek = Seek earnestly
Continually seeking after these things

Seeking first God’s kingdom and His righteousness means living under Christ’s Lordship. He is to be the Lord of our:

Lives  Job
Family Bank account
Home

Seeking God first is what is prioritised in the Lord’s Prayer in Matthew 6:9-13, summarised as:
Praise for the Lord
Prayer for His Kingdom to come and His will to be done
Forgiveness of for our sins and forgiveness of others who have sinned against us
Petition for our daily needs

**Matthew 6:34**

Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.

Here is His 3rd admonition: “Do not worry (be anxious) about tomorrow.”

We are not to worry about what may not happen in the future. We are to live day by day in dependence to the Lord. Get through each day by faith learning the lesson that God has for us.

He, The Lord, says, “…Each day has enough trouble of its own.”

We live in a fallen world, the last days of a fallen world, and we will experience trouble at times. But this verse says the trouble belongs to the day not us!

“Worrying is carrying tomorrow’s load with today’s strength – carrying two days at once. It is moving into tomorrow ahead of time. Worry doesn’t empty tomorrow of its sorrow, it empties today of its strength” — Corrie ten Boom

“If a problem is fixable, if a situation is such that you can do something about it, then there is no need to worry. If it’s not fixable, then there is no help in worrying. There is no benefit to worrying whatsoever” — Dalai Lama XIV
Some other things we worry about:
What people think of us
Letting people down
Needing to sometimes say no!
Doing too much
Not doing enough
Things that can go wrong
When life is good, worrying it won’t last!

Life is like a series of opportunities. We face temptations, with the choice to sin or not. In the same way we face situations with a choice to worry or not.

In some cases worry is exacerbated by a lack of preparation or experience of the situation, or by our perspective of it. But it’s a sure thing someone has been through the exact same situation and did not worry. And God would never tell us to do something if it wasn’t possible.

Genesis 1:26-27 tells us that man is made in the Image of God
Not birds and animals
Not plants
Not all of His Creation – the Earth and the Universe
Many of those items reflect the Glory and creativity of God
But only man is made in His image and likeness!

Jesus came and died to redeem us! He died to set us free!
How can we doubt His love, care, protection and ability to provide for us?

How do we want to live for the Jesus?

As a Christian, who is free from worry and anxiety, so that you can reflect the AWESOME power of God in your life as a testimony to the lost world as you trust HIM and His ability to provide for you His child?

Or do we want to live as distracted believers, full of concern, that the Lord describes as one of little faith?

Philippians 4:6-7 NIV

Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

petition = keeping the pressure on.

“Don't Worry, Pray First!”