



Matthew 6 - Part 4 - The God of Your Tomorrow

²⁵ "Therefore I say to you, do not worry about your life, what you will eat or what you will drink; nor about your body, what you will put on. Is not life more than food and the body more than clothing?" ²⁶ Look at the birds of the air, for they neither sow nor reap nor gather into barns; yet your heavenly Father feeds them. Are you not of more value

than they? ²⁷ Which of you by worrying can add one cubit to his stature?²⁸ "So why do you worry about clothing? Consider the lilies of the field, how they grow: they neither toil nor spin; ²⁹ and yet I say to you that even Solomon in all his glory was not arrayed like one of these. ³⁰ Now if God so clothes the grass of the field, which today is, and tomorrow is thrown into the oven, will He not much more clothe you, O you of little faith?³¹ "Therefore do not worry, saying, 'What shall we eat?' or 'What shall we drink?' or 'What shall we wear?'" ³² For after all these things the Gentiles seek. For your heavenly Father knows that you need all these things. ³³ But seek first the kingdom of God and His righteousness, and all these things shall be added to you. ³⁴ Therefore do not worry about tomorrow, for tomorrow will worry about its own things. Sufficient for the day is its own trouble.¹



ANXIETY IS WORRYING US TO DEATH! Jesus said he came so that we might have life and have it more abundantly. Worry gets in the way of living the abundant life. It is only human to experience a certain amount of worry or anxiety. The dictionary defines anxiety as "a feeling of worry, nervousness, or unease, typically about an imminent event or something

with an uncertain outcome." What that is saying is that worry and anxiety are based in the fear

¹ [The New King James Version](#). (1982). (Mt 6:24–34). Nashville: Thomas Nelson.

of how something's going to turn out. I think we don't worry so much about what is going to happen as we do about the fact that we can't manipulate what is going to happen. We want to control our future. Many of us have experienced pain or hardship. We've had things turn out bad for us, and we don't want that to happen again. We wonder what we can do to keep bad stuff from happening. Worry is destructive. It is a cancer on our psyches. People worry about what is going on in the present, and they worry about the future. They are eaten up with the fear of what is going to happen to them. Probably, the most destructive worry of all is to worry or have anxiety about something in your past. The past is the past and there is absolutely NOTHING you can do about your past other than learn from it. You go over in your mind some trauma that happened long ago. This fear paralyzes your present. In reality you have no present because you're stuck in the past. Worry is eating you up, and it is robbing you of the abundant life that Jesus promised you. Worry can be about things physical, emotional, financial, or spiritual.

Will I have enough money? Will I be able to pay my mortgage or my rent? Will my pain go away? Will I ever feel better? Will I ever be able to find a spouse? Will I ever be happy with the one I'm with? The list goes on and on and worry has devastating effects on our bodies, souls, and on our minds. The Mayo Clinic tells us some of the complications that come from worry:

- Depression, high blood pressure, heart disease
- Substance misuse, trouble sleeping (insomnia), digestive or bowel problems, headaches and chronic pain, social isolation, problems functioning at school or work, poor quality of life, and even suicide



In our study last week, Jesus was encouraging us to think about the things we are living for. He asks us what is our treasure? What is the focal point of our lives?

Who or what is our master? The lesson today **MUST** be read in light of what came before it in last week's sermon. Jesus begins today's dialogue with the word "THEREFORE". He is now giving a summary of the results of a life lived as He has described. Kingdom living results in a life without worry.

The verses today begin with "therefore do not worry." The answers are totally connected to what we looked at last week. The questions that Jesus posed last week, and the answers we give to those questions determine how much worry will take over our lives. Is my master God or is my master what the world has to offer me?

If you don't answer these questions correctly you'll never have a worry free life. If your eyes are fixed on the things of this world, you've got a lot to worry about. If you haven't responded positively to the option that Jesus gives us you'll never gain enough positive thinking to get away from worry.

If you've made the right decisions and if your life has the right focus, you will be able to live a worry free life. We are wrong to quote these verses about worry without realizing that they are predicated on something. You've got to connect the dots to get to where Jesus is wanting to take

you. The payoff is the option of NO WORRY, but it is connected with: (1) putting your treasure in heaven, (2) having your eyes fixed on the right things, and (3) who or what you are letting be your master.

Jesus talks about worry in the most basic things of life: what we eat, what we drink, what we wear. We don't even notice how much we think about these things. I remember an inflight magazine that Alex and I used to see whenever we would fly somewhere. It had every kind of thing imaginable for "good living." From cover to cover it offered products and devices revolving around what we eat, what we drink, what we wear, and what we entertain ourselves with. In today's passage, Jesus gives us four reasons to stop worrying:

Four Reasons to Stop Worrying.



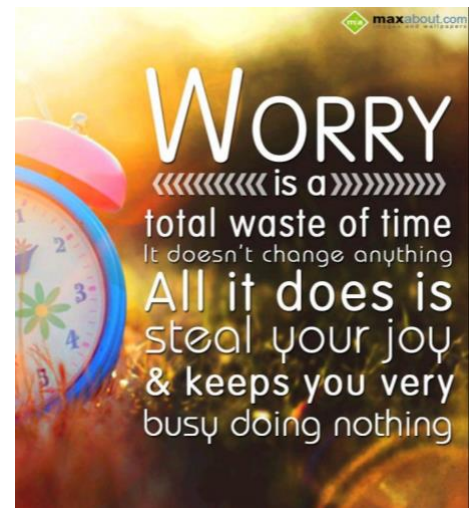
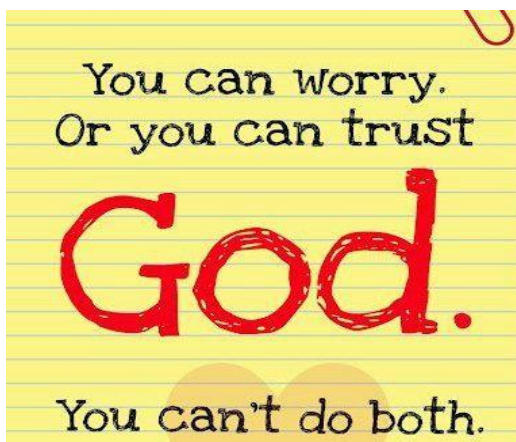
1. **GOD CARES ABOUT YOU** - Birds of the air are fed by a heavenly Father. Are you more valuable than a bird? The first reason to not worry is because God cares about you and you have worth. When God incarnate tells us not to worry, He is telling us not to worry because He cares. Do you and I act like He cares for us? His care for us isn't such that we do nothing. Have you ever watched birds? They are constantly on the move doing what they need to do. They are not fretting over the thing, but they are out getting what God has provided for them.

The birds tell us exactly how to take hold of what God has provided for us. "Cast all your anxiety on Him for

He cares for you!" (1 Peter 5:7) Some people pray as though they're trying to convince God to care.

2. **IT IS A WASTE OF TIME (v. 27)** - Jesus is saying "What good is your worrying doing you?" Does it change anything? How does it profit you? It might be killing you, but it is not *adding* anything to your life. It *removes* from the quality of your life.

Proverbs 3:5-6 gives a physical description on the person that trusts in God. Read what the following verses say. People with high levels of anxiety have brittle bones. **WORRY AFFECTS YOUR HEALTH!**



3. **WORRY IS THE OPPOSITE OF HAVING FAITH (v. 30)** - Worrying is NOT trusting in God. Worriers don't know what to do with their worry.

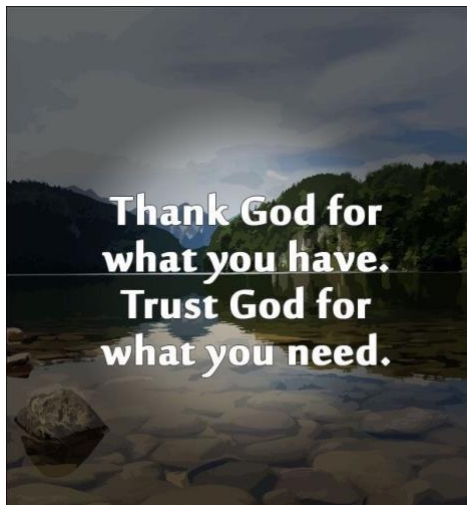
What does the world say about it? COPE. That's the world's answer, but the Bible doesn't tell us to cope with the things of the flesh. If my worry isn't faith, then it must be sin.

Romans 14:23 states that everything that doesn't come from faith is sin. Remember what sin is? It means missing the mark. The mark is trusting in God. So everything that doesn't involve faith is missing the mark, and it is sin. This is not told to us to make us depressed and discouraged. It is for us to hand it back to God to deal with it. We take it to Jesus. We take it to the cross.

When we realize that our fears are sin, we take them to the cross. The blood of Jesus will cleanse us again and again. We don't think of fear as a sin, but it is. We think of sin in all kinds of other ways, but FEAR IS SIN. We can turn to Him and see a work of His grace in our lives as related to fear.

That response of fear just comes on us so quickly. Just confess it to Him where you become desensitized to the things that cause such a huge reaction in you. We don't need to be caught up in that area of fearful response. Fear is sin. Trusting God is faith. The Sermon on the Mount is all about being different and living a life that different from the world. Christ tells us not be like the world. The world is running around tied up in knots because they're worrying about the problems of society. We should be following Him and not the world. This gives us a DIFFERENT reaction than the world.

When we're faced with the temptation to fear, let's turn it over to Him and trust Him to make the weak strong.



4. **GOD ALREADY KNOWS WHAT YOU NEED**

(v.32) - He has already purposed to meet your needs.

There is not a single need that you have that He is not aware of. And just like the birds of the air, He has placed certain needs within us. Do I really believe this, or am I running around like the people of the world trying to do it all.

We have a loving Father in heaven who already knows EVERY SINGLE NEED WE HAVE and He's made provision for them. Waiting on the Lord means you trust in Him. We have to stop running around trying to affect our own deliverance.

You can't trust someone you don't know. The more you get to know God through the personhood of Jesus Christ, the more you'll be able to trust Him. We want to believe these truths, but we don't let ourselves do so in faith.

In verse 33 He tells us what to do. SEEK FIRST HIS KINGDOM AND HIS RIGHTEOUSNESS and all these things that you really need will be added to you. This verse makes it very clear that we are to steer clear of the emptiness that the world offers and replace them with the things that are full, fulfilling, meaningful, and profitable.

So let's review again what it means to seek first the Kingdom of God.

Every kingdom has a throne. Every throne has a king seated on it. The Kingdom of God is centered on the rulership of Jesus Christ. You and I are to seek as priority number one the joyful, willing surrender of every area of our lives to the King of All Kings and to the Lordship of Christ. That means we give our marriages, our friendships, our jobs, our homes, our time, our talent, our treasure, our health, our children, our finances, our desires, and our thought life all to the lordship of Jesus Christ.

The answer is to not try to fill up all of our life with these things of the world, but rather to fill up all of our life with Him. He comes to us with things one by one. It might be the words that come out of our life, and He brings about conviction. It might be a surrender of time. It never stops. He just keeps pointing out the things of our life that need to be surrendered to Him. Personally, He convicts me of how I speak to my wife; how I relate to others. He wants more and more of me because He died for all of me.

Our first priority must be crowning Him as Lord of our life. When we do this, the worries go away. Genuine needs are being met. Seeking righteousness is just seeking Him. Seek His lordship.

Verse 34....the summary. DO NOT WORRY ABOUT TOMORROW BECAUSE IT ISN'T EVEN HERE YET.

⁶ Don't worry about anything; instead, pray about everything; tell God your needs, and don't forget to thank him for his answers. ⁷ If you do this, you will experience God's peace, which is far more wonderful than the human mind can understand. His peace will keep your thoughts and your hearts quiet and at rest as you trust in Christ Jesus. (Phillipians 4:6-7, TLB).

Let us pray.

Union Grove is one of the oldest Baptist communities of faith in the State of Texas dating back to 1844. Pastor Faber McMullen may be reached by email at uniongrove362@gmail.com or by snail mail at: 15301 FM 362, Navasota, Texas 77868. Tel: 936-825-1227 (Edited and proofed by Amanda Neese- Webster, Texas.) All financial gifts to this ministry are tax-deductible as a 501 (c) (3) Corporation.