



When **WORRY** Hits the Fan!!!

Matthew 6:25-34

July 7th, 2019



I Worry that I Worry Too Much

Mark Twain:

“I’ve had a great many worries in my life, most of which never happened.”

And that’s true sometimes.....but not always

I’ve worried about stuff that never happened

AND I’ve worried about stuff that did

Worry, has been a consistent THEME of my life - I think you can relate

I HAVE WORRIED

- School - Jobs - Finances/Money - Girlfriend/Wife - Kids - Wilderness -
- The older I get - the MORE I have to worry about

What has Worry done for me?

Has worry ever helped me in School, with a job, or to make more money?

Has worry ever helped me build healthy relationships?

Has worry ever given me a sense of peace about a situation?

Has worry every made ANYTHING better?

What has Worry done for YOU?

Same Questions - Same Answers

And yet, we still worry....KNOWING that it has nothing to offer

When !t Hits the Fan!!!

Worry is one of the things that can hold us back

We don’t just want to talk about the PROBLEM of Worry, but find a solution

Wilderness - ‘exists to help people follow Jesus.’

We are going to look at what Jesus said about WORRY

I think EVERYONE - Christian or Not can find some common ground with the words of Jesus on the Topic of Worry - SERMON ON THE MOUNT

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 tells his followers: DO NOT WORRY

Command - not an option - but it's a REALLY hard one

To Jesus Audience 2000 Years ago - eat, drink, wear

We don't really have to worry about any of that stuff

Food Everywhere - Free Meals even

Running Water within 100 Feet of us 95% of the time

PLENTY of Clothes - 'clean out our closets' - give away

1st Century Audience - would not be able to understand WHY we worry

But we still have PLENTY to worry about

And for those people then and for us today, Jesus tells them something that doesn't seem to make much sense:

Matthew 6:26

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?

Birds of the Air? - who has time to look at the BIRDS of the AIR?

Bird Watchers - people who have SO MUCH time on their hands that they just want to WATCH Birds

Not many people have the time for that

We have work to do, bills to pay, husband/wife to spend time with,
Kid's to Raise - birds way 'RAISE' kids - feed 3 weeks & push them out

Jesus - reminds them and us - birds do not have the ability to plan ahead

But somehow (divine provision) they survive

?Are you not much more valuable than they?

YES - I think we can ALL agree that a human life is more valuable

Then Jesus asks the question that we already answered this morning:

Matthew 6:27

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

On this issue (at least) YOU and Jesus are on the same page

Worry doesn't work!

Jesus continues:

Matthew 6:28-29

“And why do you worry about clothes? See how the flowers of the field grow. They do not labor or spin. Yet I tell you that not even Solomon in all his splendor was dressed like one of these.

Matthew 6:30

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?

As if comparing us to BIRDS wasn't enough - compares us to **FLOWERS**

Jesus is making that point that birds, and **now even FLOWERS**, even the most temporary things, that we can all agree are LESS valuable than our own lives are **STILL** taken care of by God.

“You of Little Faith” - insult - birds and flowers can figure it out

“You Little Faithers You!”

You can **CLEARLY** see that God has intimate knowledge of the needs of BIRDS and FLOWERS

And not only does He **KNOW** what they need - He **PROVIDES** it

And you **STILL** don't want to trust Him

Points out how absurd their worry is - then gives an action step:

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.

Pagan - not a derogatory term - people that are **NOT** following Jesus

Other people **RUN AFTER** these things

Other people are concerned about what they eat, drink and wear

BUT - that's not what I want for YOU

I want YOU to SEEK FIRST God's Kingdom and Righteousness
AND THEN - all that other stuff (eat, drink, clothes and everything
else) will take care of itself.

Then he closes this thought out:

Matthew 6:34

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

Can we all just agree that this verse (stand alone) is GREAT advice?

So why don't we do it?

Why do we Worry instead of Trusting God?

I think we push back because we think we are the exception

And honestly, if you told me the things that you worried about, and the
reasons that you worried about them, I would probably want to give you a
pass.

BUT - we serve an ETERNAL God, who said 'Do Not Worry', and he said
it, not just to His Audience 2,000 Years Ago, but also knowing that we
would read it.

We are NOT worrying about ANYTHING that is outside of God's realm of
expertise or foresight....you are not worrying about ANYTHING that God is
worried about.

So why don't we:

Trust God to:

know what is best for us

provide for our needs

protect us

be there when we need Him

We have reasons for NOT doing THIS:

It's absurd, not sure if He is even real, not sure He will take care of me, not sure that He will be there when we need him

And I don't want to disregard your reasons for not trusting God

I don't think they are good enough

But I understand that right now, in your life, they seem good enough

So, if we aren't going to trust God, let's look at the other option:

Instead of Trusting God, we are going to:

Trust Worry to:

know what is best for us

provide for our needs

protect us

be there when we need it

We KNOW that Worry doesn't work

Trusting God makes more sense than Trusting Worry

- even if you aren't sure He is real

As crazy as it sounds to 'Trust God'

it sure seems more logical that 'trusting worry'

SO...

We (I) worry about worrying too much

We (I) KNOW it doesn't work

We see that we are in agreement with Jesus on this

Reminds us that God takes care of things WAY less valuable than us

Commands us NOT TO WORRY

Tells us to instead, Seek His Kingdom and Righteousness

And then, the rest will take care of itself

But PRACTICALLY, how do we do that?

Three Things

Not a Checklist - not a one time fix

But some PRACTICAL Steps we can put in place

Relabel our Worry as 'Tomorrow'

Matthew 6:34

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

When you are tempted to WORRY about _____
Fill in the _____ with 'tomorrow'

I know this is rhetoric, but it's important in how we see our problems.
We have VERY little control in this life

We can't control the past

We can BARELY control the NOW

And we DEFINITELY cannot control TOMORROW

When we allow our thoughts to be consumed by worry about _____
I think it is healthy to just call it 'TOMORROW'

We may be tempted to think - we can control our job, relationships, finances

But the truth is, if those things are 'tomorrow' we REALLY don't know
what is going to happen.

Good Lord willing and the creek don't rise.

Understanding that we have NO Control

There are too many factors outside of our sphere of influence

When we start calling our worry 'TOMORROW' - makes it look ridiculous

Confess that Only God can Control Tomorrow

Birds and Flowers - God takes care of

We are MORE valuable than those

Trust Him to do that - even when it doesn't make sense

This starts with PRAYER

Putting yourself in a place, **EVERY DAY**

You confess to God that HE is the ONLY ONE that can control tomorrow, so you are going to trust Him with it.

God is the ONLY solution to the WORRY that is out of our control

This is HARD - **but it's so much better than 'Trusting Worry'**

-We KNOW that does not work

#1 - Relabel as Tomorrow

#2 - Confess that God can Control Tomorrow

#3

**When we are tempted to worry about tomorrow,
we decide to serve God today.**

Matthew 6:34

But seek first his kingdom and his righteousness, and all these things will be given to you as well.

When you focus on building The Kingdom, you break down worry

When you follow Jesus, you stop focusing on Worry

When something comes up that you are worried about TOMORROW, find where God is working TODAY and get involved.

The Solution to Selfishness is Serving Others

Just seems to make your worries seem insignificant

Pray for Someone Else

When !t Hits the Fan!!!

I know that it's easier to stand up here and talk about than it is to actually do.

Probably true for YOU too

MOST of the things we worry about DO NOT come true

But some of you have had your biggest nightmare come true

IT happened

She left

You didn't get the contract

The diagnosis is bad

The money is gone

Worst case scenario JUST happened

That's HARD

But you are NOT the only one:

Jesus - he went to the cross

Matthew - he saw ALL HIS HOPES crucified

But Matthew (there for ALL of it) records the words of Jesus:

Matthew 6:34

But seek first his kingdom and his righteousness, and all these things will be given to you as well.

Their WORST NIGHTMARE came true

Their BIGGEST worry HAPPENED - HOPE OF THE WORLD was DEAD

But that wasn't the end

THAT is why I take the words of Matthew 6 so serious

Jesus said all this

He predicted his own death, burial and resurrection

He WAS 'worried' - sweat blood

Then his BIGGEST Worry Hit the Fan!

JESUS CAME BACK

I would take what you said serious too - if you did all that!

THAT is why I want to take Jesus' Advice

THAT is why I think YOU should take Jesus' Advice

Can you imagine how your life would change if you took Jesus' advice here?

DO NOT WORRY!

And when you do:

Relabel it as Tomorrow

Confess that God is in Control

Get involved in The Kingdom Today

It would change EVERYTHING

Don't let WORRY be the thing that Holds you back!!!