

**DO NOT WORRY**  
**Matthew 6:25-34**

*Matthew 6: <sup>25</sup> “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? <sup>26</sup> 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? <sup>27</sup> Can any one of you by worrying add a single hour to your life?*

*<sup>28</sup> “And why do you worry about clothes? See how the flowers of the field grow. They do not labor or spin. <sup>29</sup> Yet I tell you that not even Solomon in all his splendor was dressed like one of these. <sup>30</sup> 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? <sup>31</sup> So do not worry, saying, ‘What shall we eat?’ or ‘What shall we drink?’ or ‘What shall we wear?’ <sup>32</sup> For the pagans run after all these things, and your heavenly Father knows that you need them. <sup>33</sup> But seek first his kingdom and his righteousness, and all these things will be given to you as well. <sup>34</sup> Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.*

**Pray**

**INTRODUCTION**

Right now, some people are panicking regarding the recession. Facebook laid off 11,000 people. Amazon laid off 10,000 people. Google is laying off 12,000 people

A lot of people are panicking. It's like this airplane that is full of passengers and an airplane is going down fast. Everyone was panicking and screaming until the pilot and his co-pilot went out of the cockpit and said to the passengers, "Don't worry." The passengers calmed down but then he saw the pilot and the co-pilot getting parachutes and putting it on themselves. One of the passengers asked, "Are those parachutes?" The pilot said yes. The passenger asked again, "I thought you told us not to worry." Yes that's right. And then the passenger said, then why are you jumping out of the plane, "We're going to get help."

**That's a pilot but if Jesus is the one who says to us, "Do not worry." You really have nothing to worry about.**

**\*Note :** Obviously, the main topic here is worry.

*: <sup>25</sup> “Therefore I tell you, do not worry*

*<sup>27</sup> Can any one of you by worrying*

*<sup>28</sup> “And why do you worry about clothes*

*<sup>31</sup> So do not worry,*

<sup>34</sup> *Therefore do not worry about tomorrow*

**Etymology:** worry “take thought of” “merimnao” anxiety; root word “merizo” to divide, cut into parts

**In short :** Your mind is all over the place..

**Illustration :** You have observed people or maybe you have observed in your self, that when you are thinking about a lot of things, you tend not to be where you are right now.

**For example :** You are talking to a person and he's just staring blank at you and you know his mind is somewhere else and you nudge him and say, “Hey, ang dami mong iniisip (you've got lots of things in your mind)

**Important Note :** Most of the time if you're not where you are right now, what are you missing out on? – enjoying the blessing of today

**That's why the Bible always tells us**, to “focus” on God, on our Lord Jesus.

**\*Story :** One morning R.C. Chapman, a devout Christian, was asked how he was feeling. "I'm burdened this morning!" was his reply. But his happy countenance contradicted his words. So the questioner exclaimed in surprise, "Are you really burdened, Mr. Chapman?" "Yes, but it's a wonderful burden--it's an overabundance of blessings for which I cannot find enough time or words to express my gratitude!" Seeing the puzzled look on the face of his friend, Chapman added with a smile, "I am referring to Psalm 68:19, which fully describes my condition.

*Psalm 68:19<sup>19</sup> Blessed be the Lord,  
Who daily loads us with benefits,  
The God of our salvation! Selah*

**Etymology :** “selah” means “pause”...why do you pause? To rest, to think

**Application :** If you are beginning to worry, “selah” pause, rest your mind, think...**what has God given me today?**

**\*Quote :** “Yesterday's the past, tomorrow's the future, but today is a gift. That's why it's called the present.” – Bil Keane

**Quote :** "Worry never robs tomorrow of its sorrow; it only saps today of its joy."—Leo Buscaglia

**Now before we study on why we shouldn't worry**, let's look at the words first.

**“Therefore**

**Again**, when we see the word “therefore”, it's a conjunction. This means, “there's something before” that connects to the next idea. **What is that something before?**

*Matthew 6: 24 “No one can serve two masters, for either he will hate the one and love the other, or he will be devoted to the one and despise the other. You cannot serve God and money*

**In short, if God is your god and not money is your god...then you do not have to worry.**

**Now, let me tell you this... if we are worried, then we are putting our trust on money instead of God.**

**Illustration:** The Americans placed the words “In God we trust” on their paper bill. This was legislated in 1955. Representative Charles E. Bennett of Florida introduced the resolution in the House where it won fast backing from the Committee on Banking and Currency. Adding “In God We Trust” to currency, Bennett believed, would “serve as a constant reminder” that the nation’s political and economic fortunes were tied to its spiritual faith.

This means, it’s to remind the American people that we do not put our trust in money but on God. No wonder the U.S. dollar remains to be the global currency in the world.

**Quote :** People who put their trust in God will not worry about money.

**Now, let's go to the next phrase.**

*<sup>25</sup> “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?*

**Note :** I love those three words, I tell you,

**Illustration :** Many years ago, when my wife started getting sick of cancer and I had to be with her so I had to take a lot of time off at work, my bosses’ boss called me and I panicked. I thought she was going to give me an ultimatum to go back or I will lose my job. Instead, she said to me, “Take care of your wife first and I assure you, you will always have a seat here at work.”

**\*Note :** It is the Lord who is telling us “I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear.

He is the Big Boss, the King of Kings, the Lord of Lords telling us, “do not worry...” There are more important things rather than worrying about food or clothes that you will wear.

### **THE SECRET OF NOT WORRYING**

GOD CARES FOR HIS CHILDREN

GOD IS CONCERNED ABOUT WHAT WE CRAVE

GOD WANTS US TO CONCENTRATE ON THE CURRENT

#### **GOD CARES FOR HIS CHILDREN.**

**\*Principle 1 :** If He is concerned with His creation, certainly He is more concerned for His children.

*<sup>26</sup> 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?*

**Look at how our Lord Jesus mentions this is Matthew 7**

*Matthew 7: 9 Or what man is there among you who, if his son asks for bread, will give him a stone? 10 Or if he asks for a fish, will he give him a serpent? 11 If you then, being evil, know how to give good gifts to your children, how much more will your Father who is in heaven give good things to those who ask Him!*

**What our Lord is saying** is that we who are imperfect will lavish good gifts then why wouldn't you trust the Father who is innately good.

**\*But remember, not everyone is God's children. Who are God's children?**

*John 1: <sup>12</sup> Yet to all who did receive him, to those who believed in his name, he gave the right to become children of God— <sup>13</sup> children born not of natural descent, nor of human decision or a husband's will, but born of God.*

**Illustration :** During the pandemic, a robin built a nest at the side of our house. Then I found three eggs there and eventually, it hatched. Since it's the pandemic, I had time to observe what's happening. I noticed that both the dad and mom robin would take turns in finding worm and then they will bring it to the baby robins and with open mouths, they will feed them.

**Now, if robins can do that for their children, much more, God will do that for His own children.**

**\*This is why our Lord said,**

*<sup>27</sup> Can any one of you by worrying add a single hour to your life?*

**THIS MEANS, OUR LORD IS SAYING, WORRYING is SUCH A USELESS WASTE OF TIME AND ENERGY**

Can worrying feed you? Can worrying extend your life?

*<sup>28</sup> And why do you worry about clothes? See how the flowers of the field grow. They do not labor or spin. <sup>29</sup> Yet I tell you that not even Solomon in all his splendor was dressed like one of these. <sup>30</sup> 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?*

**Imagine** Jesus was talking about this while He was on the mount. (sermon on the mount). He will be showing them the birds (Israel is known for its many birds) and then He will be pointing to the fields.

**Now, let's bring this closer to home.** So we can understand what our Lord is saying.

**\*(Show photos of 3 snowflakes) If God is concerned with the details of each snowflake that just melts away, how much more is He concerned with the details of your life?**

*Luke 12: 7 Indeed, the very hairs of your head are all numbered. Don't be afraid; you are worth more than many sparrows.*

**God knows the details of what's happening to you. God knows the details of what you need. Even before you ask Him, He knows it already...all the details. And God is saying, "Trust me, I know and I'm doing something about it."**

**\*This is why the Lord followed it up with :  
*you of little faith?***

**\*Why?**

**As George Muller said, "The beginning of anxiety is the end of faith, and the beginning of true faith is the end of anxiety."**

**I have heard one preacher say :** Worry is faith in the devil.

#### **GOD IS CONCERNED ABOUT WHAT WE CRAVE**

**\*Principle 2 : If the unbeliever is concerned about the things of this world, certainly the believer must be concerned about the things of God.**

*<sup>32</sup> For the pagans run after all these things, and your heavenly Father knows that you need them. <sup>33</sup> But seek first his kingdom and his righteousness, and all these things will be given to you as well.*

**Important :** This is where our priorities show...and this is what separates us from the world...on what we are concerned about.

**Etymology :** same greek word :run after and seek “epizeteo” then seek “zeteo” means to crave, to seek after....

**What's the difference between an unbeliever and a believer of Christ?**

We have God as our Father!

*and your heavenly Father knows that you need them*

**Note :** Our Lord is not saying, “Do not go to work... **He is saying, do not be worried** about the physical things like food, drink and what you will wear...”

**\*Why?**

*and your heavenly Father knows that you need them.*

**Note :** The unbelievers run after these things simply because they refuse to believe or they don't know that there is a God who wants to take care of them.

**IMPORTANT :** The reason we are worrying because it shows we are craving or desiring for worldly things instead of craving or desiring for God.

**Example :** This is the reason why people sometimes skip going to church on Sunday. Why? We crave money more that's why we go overtime.

**\*This is the reason why :**

<sup>33</sup> But seek first his kingdom and his righteousness,  
Remember “epizeteo”,... crave, run after (habulin mo)

**Illustration :** When I was in South Korea, I see people literally running to church. The pastor told me it's because of two things : they don't want to be late and they want to be in the best seats. No wonder this country is so blessed by God.

LET'S CRAVE FOR, RUN AFTER GOD'S KINGDOM

\*Now look at this

<sup>32</sup> For the pagans run after all these things, and your heavenly Father knows that you need them. <sup>33</sup> But seek first his kingdom and his righteousness, and all these things will be given to you as well.

**Panicking Pilot :** A recently licensed pilot was flying his private plane in a cloudy day. He was not very experienced in instrument landing. When the control tower was to bring him in, he began to get panicky. Then a stern voice came over the radio, “You just obey instructions, we'll take care of the obstructions.”

**You see this :**

If you get your priorities straight...FIRST THINGS FIRST, GOD .... You don't have to run after these things....IT WILL BE GIVEN TO YOU AS WELL.

**Illustration :** To be honest, God doesn't only give you the things you need like food, clothing and etc but more than that. That's why my wife, when we see God's blessings in our life she says, “That is God's “as well.”

**You have nice shoes today. That's God's “as well”. You bought a new car, that's God's “as well” You are going on vacation or going to a vacation, that's God's “as well”**

**The Lord said in Psalms :**

*Psalm 37: 3 Trust in the Lord and do good;  
dwell in the land and enjoy safe pasture.  
4 Take delight in the Lord,  
and he will give you the desires of your heart.*

**\*Quote :** Put first things first and we get second things thrown in : Put second things first and we lost both first and second things – Wayne Martindale

### **GOD WANTS US TO CONCENTRATE ON THE CURRENT**

**\*Principle 3 : We're too concerned about tomorrow, when there are too many things to be concerned about today.**

*<sup>34</sup> Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.*

**Note :** You know what's wrong about worrying about tomorrow? **IT HASN'T HAPPENED YET.**

**There's a saying :** 99% of what we worry about doesn't happen.

**You know what's funny?** When I said that some people will think about "How about the 1%?"

**\*Quote :** Worry is like a rocking chair, it gives you something to do but it gets you nowhere

**\*Quote :** "Worry does not empty tomorrow of its sorrow; it empties today of its strength." – Corrie Ten Boom

**Illustration :** African Anglican bishop and theologian Desmond Tutu once wisely said that "**there is only one way to eat an elephant: a bite at a time.**" What he meant by this is that everything in life that seems daunting, overwhelming, and even impossible can be accomplished gradually by taking on just a little at a time.

**Illustration :** How do you reach the second floor of your house? By using the stairs and you don't do it with one giant leap right? You do it step by step.

**When you are facing a big trial... our Lord is saying, take it day by day.**

#### **CONCLUSION :**

**\*Before we conclude, let me tell you about this story in the Bible.**

In 2 Kings 6, the king of Aram (now Syria) was waging war with Israel. They would plan secretly to attack but everytime they would attack a certain place, Israel is already there defending it. So the King of Aram says :

*2 Kings 6 : <sup>11</sup> This enraged the king of Aram. He summoned his officers and demanded of them, "Tell me! Which of us is on the side of the king of Israel?"*

*<sup>12</sup> "None of us, my lord the king," said one of his officers, "but Elisha, the prophet who is in Israel, tells the king of Israel the very words you speak in your bedroom."*

*<sup>13</sup> "Go, find out where he is," the king ordered, "so I can send men and capture him." The report came back: "He is in Dothan." <sup>14</sup> Then he sent horses and chariots and a strong force there. They went by night and surrounded the city.*

*<sup>15</sup> When the servant of the man of God got up and went out early the next morning, an army with horses and chariots had surrounded the city. "Oh no, my lord! What shall we do?" the servant asked.*

*<sup>16</sup> "Don't be afraid," the prophet answered. "Those who are with us are more than those who are with them."*

*<sup>17</sup> And Elisha prayed, "Open his eyes, LORD, so that he may see." Then the LORD opened the servant's eyes, and he looked and saw the hills full of horses and chariots of fire all around Elisha.*

**Why by God's grace, we ended with this story? It's because as Don Moen wrote in his lyrics,**

*“God will make a way,  
where there seems to be no way,  
He works in ways we cannot see  
He will make a way for me.”*

**Trust God. Do not worry.**

**S.G.D.**