



# The Final Word in

# Worry

MATTHEW 6:25-34

## Introduction

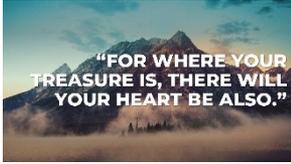
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Today we continue with our study of Christ's great Sermon on the Mount. Again, **I remind you that it is the greatest message preached by the greatest Preacher to walk the face of earth.**

As such, we have spent a considerable amount of time examining what Christ taught. There is certainly much here to learn. In fact, we could finish it and start right back at the beginning learning even more than we did this time. **All of God's Word including this great sermon is a great gold mine of spiritual knowledge just waiting for us to mine its great truths.**

Last week, we spent time learning our Lord's instruction from Matthew 6:19-24. **We were challenged by Him to make Him the focal point of our lives.** If you recall, **Christ pointed out the difference between laying up treasures in heaven verses here on earth.** The treasures of heaven quite unlike the treasure of earth. Earth's rewards can decay, be corrupted, and stolen. They are temporary. Heaven's rewards

are eternal, cannot be corrupted, and most definitely cannot be stolen. The key verse was Matthew 6:21 where Christ said



plainly, **“For where your treasure is, there will your heart be also.”** The truth is clearly understood.

We treasure what we absolutely love. If your love is for things of this earth, then that is where you will spend your money and your efforts. However, if your love is for the things of God, you will spend your money and your effort on those things. Christ ended by pointing out that we cannot be divide in our loyalty. **Either we are going to love Him and hate this world, or we are going to love this world and hate Him. No one is capable being loyal to God and this world.** It just does not work. Thus, every one of us must come to a decision. That decision is simple. Either love God or love this world. You cannot have both.

Now, we come to today’s text. However, before I read today’s text and give the message, **I want to relay some information that I gathered that relates.**

In recent days, all the world including all of America has been consumed with effects of the COVID-19 virus. I am sure that everyone living today has been affected by this contagion. And no matter your opinion about it, **I am sure that most of you will agree that, if nothing else, it has at least caused a spike in fear and anxiety.** Even now, when we know more than we did, we still are gripped by the unknown of it all. People are still extremely nervous about them and their loved ones getting this virus. **Unfortunately, the fear and anxiety of COVID-19 has compounded what I believe is a great spiritual disease of today. The spiritual disease that I am speaking of is worry and anxiety itself.** Now I know that sin is the greatest spiritual disease of all time. A disease that

can only be cured by the Great Physician, the Lord Jesus Christ. However, I am convinced that worry, fear, and anxiety are great runner ups.

Listen to some facts that I found in my research concerning worry and anxiety.

According to the **ANXIETY AND DEPRESSION ASSOCIATION OF AMERICA**, anxiety disorders **are the most common illness** in the United States affecting over 40 million adults in America age 18 and older. This means that **roughly 18.1%** of our entire population. Now, I am not sure how old that figure really is, but I would guess that since March that number has gone up drastically. The Washington Post on April 20th of this year



posted an article citing a nationwide Gallop poll saying that **60% of American adults were plagued with daily stress and worry.**

Without a doubt, many Americans struggle with worry and anxiety. You see all these polls reflect only those people who were willing to admit that they struggle in this area. I think it is safe to say that there are many more out there who struggle as well but were not polled or willing to admit it.

Now, remember I said that it was **a great spiritual disease**. The **ADAA (ANXIETY AND DEPRESSION ASSOCIATION OF AMERICAN)** noted that it was ***“the most common MENTAL illness in the U.S.”*** I would agree that it is indeed a mental illness. However, **I would also contend that the mental issues that come with anxiety and depression are just symptoms of a deeper spiritual issue.** In fact, this is exactly what Christ is going to address with us as we learn from our text this week.

Anxiety, fear, worry, and depression is something of which all people struggle. Young and old, small, and great, men and women, as well as both believers and unbelievers deal with these mental thoughts can overwhelm us.

As we come to our text for today, Christ addresses the issue of worry and anxiety.

Let us read the text first.

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**Therefore I say unto you, Take no thought for your life, what ye shall eat, or what ye shall drink; nor yet for your body, what ye shall put on. Is not the life more than meat, and the body than raiment? Behold the fowls of the air: for they sow not, neither do they reap, nor gather into barns; yet your heavenly Father feedeth them. Are ye not much better than they? Which of you by taking thought can add one cubit unto his stature? And why take ye thought for raiment? Consider the lilies of the field, how they grow; they toil not, neither do they spin: And yet I say unto you, That even Solomon in all his glory was not arrayed like one of these. Wherefore, if God so clothe the grass of the field, which to day is, and to morrow is cast into the oven, shall he not much more clothe you, O ye of little faith?**

**Therefore take no thought, saying, What shall we eat? or, What shall we drink? or, Wherewithal shall we be clothed? (For after all these things do the Gentiles seek:) for your heavenly Father knoweth that ye have need of all these things. But seek ye first the kingdom of God, and his righteousness; and all these things shall be added unto you. Take therefore no thought for the morrow: for the morrow shall take thought for the things of itself. Sufficient unto the day is the evil thereof. Matthew 6:25-34**



Perhaps as I was reading you noted that Christ used the words **“take thought”** often. If you do a word study of those two words [take thought], you will find that it is an old verb for worry

or anxiety. It literally means to **“to be divided or distracted.”** The idea is that we often allow things, circumstances, and even people to distract us or divide our faith and trust in God. The result is then worry or anxiety. So Christ is talking about worry or anxiety.

There are then some things Christ tells us about worry and anxiety.

## Body

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The first is this (we will see another in two weeks)...



## We, as His disciples, should NOT give into worry!

Christ tells us three times ***“take NO thought.”***

- **Verse 25** ***“Take NO thought for your life...”***
- **Verse 31** ***“Therefore take NO thought...”***
- **Verse 34** ***“Take therefore NO thought...”***

If we put that in today’s vernacular, we would say ***“do not worry,” “do not fret,”*** or ***“be not anxious.”***

So, clearly, **Christ is telling us that we SHOULD NOT worry or be anxious.** Christ also understood how prone we are to fear and worry. **The heart of the issue is our tendency to please ourselves instead of simply trusting God.** That is the reason that Christ talked about food and raiment. If you were stop and consider the amount of time you spent thinking about food and, at times, clothing, you might be surprised. Some of you sitting there this morning are already thinking about what you are going to eat when you leave. Your mind is already focused on taking care of yourself.

Food and raiment are not the only situations that tempt us to worry and/or fear. **Think about some of these life circumstances and how they lead a person to worry mentally...**

- **Someone receives news they are diagnosed with a terminal disease.** For the person who has not accepted Christ, there is going to be great mental

anguish and fear. Many people do not believe in life after death. Thus, they would be overwhelmed with thoughts of worry and fear.

- **Someone receives an unexpected IRS bill requiring them to pay thousands of dollars in missed taxes.** Obviously, that would cause a lot of worry. That worry then could lead to a temptation to sin or hide some past sins.
- **Someone is faced with a difficult job or home situation.** Again, worry and fear can grip a person.

Now, in all those situations, the people involved could very well experience great mental anguish. This is especially true if their focus is on pleasing self. Going back to the examples I gave.

- **Terminal disease** – I do not want to die. I want to live. For most, they at once kick into survival mode. Focus is on self.
- **Unexpected IRS bill** – I do not deserve this. I shouldn't have to pay these taxes. I am not going to pay these taxes. This is my money and the government has no business taking it or ever telling me what to do with it. Focus is on self.
- **Difficult job or home situation** – It makes me uncomfortable. I should not have to live this way. In fact, I am not going to live this. I deserve better. The people around me should be better. I demand that they be better. Focus is on self.

So, you see, **Christ is trying to emphasize how selfish we truly are.** Remember last weeks message, Christ was stressing to us that we must focus on the things of Heaven. Yet, way too often we are consumed with things of earth.

Why are we consumed with them? They please us. In the same vein, food, clothes, and other things please us. The result is we focus on them. We are constantly planning what we are going to eat or what we are going wear. And, if any of those things are threatened, we automatically begin to fear or worry that we will not have them. **For this reason, Christ says to us “TAKE NO THOUGHT.” Stop focusing on self. Stop worrying or even fearing the things that He already knows about.** In fact, His promise to us is that He will take of those things. We will get more into that in couple of weeks. For now, we are learning that Christ does NOT want us to worry or be anxious.

**He goes on to gives us some very vivid examples proving why we should not worry.** He uses three things that we are all familiar with.



MATTHEW 6:26

Do not be afraid of that which is of the body, for the body is of little value in the eyes of God. Do not be afraid of that which is of the body, for the body is of little value in the eyes of God. Do not be afraid of that which is of the body, for the body is of little value in the eyes of God.

- **THE FOWLS OF THE AIR** – birds. Birds are amazing creatures. I love watching birds. Christ points out that the birds do NOT sow and do NOT reap. They do not plant seeds and wait

for them to grow into plants. In fact, they don't even go into the fields, gather up seeds or what have you, and the do not store them up for harsh weather that may come. Instead, Christ says this, **“your heavenly Father feedeth them.”** The word **“feedeth”** literally means **“to fatten.”** God the Father fattens them up. The birds have no worries. They have no fear of nourishment. God takes care of them each day.

MATTHEW 6:28-29

And do not be afraid of that which is of the body, for the body is of little value in the eyes of God. Do not be afraid of that which is of the body, for the body is of little value in the eyes of God. Do not be afraid of that which is of the body, for the body is of little value in the eyes of God.



- **THE FLOWERS OF THE FIELDS** – Christ points out the lilies. Look at how they grow. They do not labor. They do not spin. Yet, every day they clothe the

grassy pastures all around the world. Their beauty exceeds even Solomon's glory.

Christ also makes this point. He asks how many of you by virtually sitting around and worrying about it can add one cubit to your stature. One cubit is about the length span from your elbow to the tips of your fingers. It is approximately eighteen inches. Is there anyone here who can do that? You can sit and worry about how short you are, but it will do nothing to increase your height. It is useless to even try.

By that same token, why should we, God's children, sit around and worry about things that are out of our control. You see if God can take care of the birds and the flowers, is it not possible that God will take care of His children as well. Thus, there is absolutely no reason why we should **"take thought"** [aka worry] about anything.

## Conclusion

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Let me encourage you this morning to stop worrying. Take heed to Christ's command that we **"take no thought"** about tomorrow or even in the next hour. Instead, we must come to a point where we simply trust Him. In two weeks, we are going to come back to this text and consider verse 33. That verse is the key to all of our worry and our anxiety. However, for this morning, we must determine that we are not going to allow worry and fear to overcome us. I would even go as far to say that if you are full of worry and anxiety you are NOT living as Christ would have you live. Your focus is on self and not on God. Today would be a good day to admit your sin. Confess it. Repent of it. Then, allow God's Spirit to work in you as determine to obey God's Word.