

## Defeating the Problem of Worry

Have you ever struggled with worry? Are you worried about something right now? I think it is safe to say that every person has struggled with worry before. It is a common struggle that can debilitate us in our lives. Thankfully, Jesus gives some solutions to the problem in Matthew 6:25-34. Consider four things that the Lord says we must do to effectively combat this problem.

### I. **Check our priorities (Matthew 6:25).**

- A. Is Jesus saying that all worrying is wrong and sinful?
  - 1. No. In fact, having anxiety about some things can be a sign of spiritual maturity.
    - a. Jesus is not saying we need to be lazy and have no concern over our financial future (Proverbs 6:6-11).
    - b. Jesus is not saying that we should not have anxiety over the spiritual welfare of weak brethren (2 Corinthians 11:28-29).
    - c. Jesus is not saying that we should not worry about our souls if we are currently living in sin (Psalm 51).
  - 2. In Matthew 6:25, Jesus is speaking of worry that leads us to being consumed with the things of the world and becoming unfruitful in the service of God (Matthew 6:19-24).
- B. Key examples of when this happens:
  - 1. **Martha** (Luke 10:41-42)
  - 2. Those with hearts like the **thorny ground** (Matthew 13:22).
- C. Are we doing what Jesus says in Matthew 6:33? Or, are we like those in Matthew 6:32?

### II. **Trust God (Matthew 6:26-31)**

- A. If God will take care of the things of nature, how much more will He take care of us?
  - 1. Consider the **birds** of the air (vs. 26).
  - 2. Consider the **lilies** (vss. 28-29).
  - 3. Consider the grass (vs. 30).
- B. Do we believe in the promise Matthew 6:33? Also see Proverbs 3:5-6.

### III. **Understand that worrying won't change anything (Matthew 6:27).**

- A. Has worrying ever made your life better? All it does is eat up the limited time we have on this earth (James 4:14).
- B. Instead of worrying...
  - 1. We need to **pray** (1 Peter 5:6-7; Philippians 4:6-7).
  - 2. We need to **trust** God.
  - 3. We need to count our **blessings**.

### IV. **Take life one day at a time (Matthew 6:34).**

- A. Before dealing with tomorrow, we first have to get through today!
- B. This includes...
  - 1. Stopping and “smelling the roses.”
  - 2. Understanding that there is only so much we can do in a **day**.
  - 3. Using today to do what is most **important**.

**Conclusion:** Remember, if you are not right with God, you need to be worried about that. In fact, beyond being worried, you need to do something about that right now!