

Don't Worry
Matthew 6:25-34

Introduction:

1. Hebrews 12:1 – “Therefore we also, since we are surrounded by so great a cloud of witnesses, let us lay aside every weight¹, and the sin which so easily ensnares us², and let us run³ with endurance⁴ the race that is set before us⁵.”
 - a. Five Specific Imperatives: _____¹, _____², _____³, _____⁴, _____⁵.
 - b. This passage emphasizes the importance of casting off every _____ that may hinder our spiritual progress.
2. God’s inspired word provides a list these “weights” that hinders the Christian’s life (cf. Rom. 1:29-31).
 - a. In this list there are 23 sins mentioned, _____ of which are sins of disposition.
 - b. Sins of disposition were not lightly considered by _____ (Mat. 23:27-28).
3. One sin of disposition is _____ (cf. Matthew 6:25-34).
 - a. Jesus tackles the problem of worry, the harm of worry, and presents the _____ for the problem.
 - b. How can one overcome worry?

I. Definitions.

- A. The basic form of the word translated “worry” comes from the idea of “_____.”
 1. “Merimnao” (G3309) – used _____ times from Matthew 6:25-34.
 - a. Strong’s – “to be _____ about.”
 - b. Thayer’s – “(1) to be _____, 1a) to be _____ with cares.”
 2. “Merimna” (G3308) – used _____ times, notably in the parable of the sower.
 - a. Strong’s – “(through the idea of _____); _____.”
 - b. Thayer’s – “care, _____.”
- B. Practical Considerations:
 1. The word used in Matthew 6:25-34 is primarily used in a manner of _____.
 - a. Matthew 6:25 – “...do _____ worry about your life...”
 - b. Philippians 4:6 – “Be anxious for _____...”
 2. However, there are times when the word is used _____.
 - a. 1 Corinthians 12:25 – “...should have the same _____ for another.”
 - b. Philippians 2:20 – “...who will sincerely _____ for your state.”
 3. Is this a contradiction?
 - a. Of course not! The _____ are different.
 - b. Jesus, in Matthew 6, is using the word in a sense of dividing the mind to the point it cannot _____ on the important matters of life; whereas, Paul used the word in a sense of “_____.”

- c. Therefore, Jesus forbids a state of distracted anxiety. Consider Exodus _____, Numbers _____, and Numbers _____.

II. Digging Into The Text – Matthew 6:25-34.

A. The Thesis (Matthew 6:25).

1. Consider first that Jesus begins with the word “_____.”
 - a. Thus, this section is _____ to what was stated before – Be not _____.
 - b. When one attempts to serve two masters they not only fail the attempt, but they also _____ anxiety into their lives.
2. “Do not worry about your life” – there are things that are _____ for this life, but are only _____ to this life.
 - a. One is not to be anxious about the necessities of life, but it is also not a _____ for laziness.
 - b. We must still labor and expend energy to provide for the needs of our household, but it is imperative to remember that God brings the _____ (cf. Psalm 37:25; 1 John 3:7; Psalm 119:172).
3. “Is not life more than food and the body more than clothing?” – 2 major interpretations.
 - a. #1: God, who made man and gave him life, will also, in His providence, give unto man the ability to _____ that life.
 - b. #2: Life has more important aims than to provide food and drink; and the body has wants more pressing than the want of raiment. These are _____ wants, and therefore unworthy of _____.”
 - c. Either interpretation may be thought since both are taught in other passages in principle.

B. The Reason (Matthew 6:26-32).

1. There is a series of 3 arguments used by Jesus.
 - a. #1: _____ than _____ than argument (v26, 28-29, 30).
 - (1) What elements of creation does Jesus use to fashion this argument?

 - (2) We are not to cease our sowing, reaping, and gathering. Rather, God created us with the ability to reason, have _____, and make preparation for future needs.
 - (3) However, to worry about the necessities of life is to doubt the provisional capabilities and providence of our God.
 - b. #2: _____ question (v27): _____.
 - c. #3: Worry is not _____ of God’s children (v31-32).
2. Jesus offers solemn and weighty words about those that worry – “O you of little faith?”
 - a. The problem remains, in spite of God’s _____, that some simply do not believe in them.

- b. Entirely too many of God's people demonstrate by their _____ that they do not believe God or His promises.
- C. The Prescription (Matthew 6:33-34).
1. Rather than seeking the material, Jesus commands God's people to seek another thing entirely.
 - a. "But" – this is the divine _____ that characterizes God's children.
 - (1) There is a _____ valley that stands between God's people and the people of the world.
 - (2) This valley manifests a separation of _____ (cf. Rom. 12:1-2), a difference of _____ (cf. Heb. 11:16), and a split in _____ (cf. Titus 2:12).
 - b. "Seek ye" – the word implies a desire and an _____ of finding the object desired. There is...
 - (1) Great excellence of purpose – there can be no _____ (cf. Rev. 3:14-22).
 - (2) Great effort – there can be no _____ (cf. Rom. 12:11).
 - (3) Great expense – it will cost us _____ (cf. Luk. 9:23).
 - (4) Great exhilaration – it results in _____ (cf. Titus 2:13).
 - c. "First" – this is the seekers _____.
 - (1) What does Matthew 16:26 say? _____.
 - (2) If we seek hobbies, jobs, house, land before seeking God first, we have lost sight of what is important.
 - d. "The kingdom of God, and His righteousness" – the object of our seeking.
 - (1) Note, the two are _____.
 - (2) If we are seeking His righteousness, we "will be filled" (Matthew 5:6)
 - (3) What does Psalm 119:172 say? _____.
 - e. "And all these things shall be added unto you" – God will provide those that seek Him first the _____ of life.
 2. Do not be worried about tomorrow (Matthew 6:34).
 - a. Each day brings with it some new _____.
 - b. If one worries about tomorrow, there is much _____ omitted, many _____ left destitute, several good _____ destroyed, many _____ suppressed, and lots of _____ authorized by a mind anxiously worried about what ***might*** come tomorrow.

Conclusion:

1. Dorothy Dix once said, "When people ask me what has kept me going through the troubles that come to all of us, I always reply: 'I stood yesterday, I can stand today, and I will not permit myself to think about what might happen tomorrow.'"
2. Worry is sinful, is dangerous to one's mind, is a sin that must be overcome, and can be overcome if it is done according to God's prescription.