

FREE FROM WORRY

(Matt. 6:25-34)

Introduction:

1. Webster defines worry as “a troubled state of mind; anxiety”. Maybe the best definition I have ever heard is that “worry is something to do when there is nothing you can do”.
2. For those two reasons Jesus commands His followers not to engage in worry: it produces a troubled mind not a peaceful/rejoicing one; and it is the result of a lack of trust in God.
3. Let us this morning consider how Christians have been made free from worry. Let’s look at the commands/principles/instruction about worry; and look at the reason Christians have been made free from worry.

Discussion:

I. The Command/Principle/Instruction.

- A. “Do not worry”; “why do you worry”; “do not worry” “do not worry” (Matt. 6:25-34).
 1. “Worry” = *merimnao* = anxious, troubled, to seek to promote one’s interests-Thayer.
 2. Context = focus on God first and foremost.
 - a. With regards to charity = do it for God not men = receive reward (6:1-4).
 - b. With regards to praying = do it for God not men = receive reward (6:5, 6).
 - c. With regards to fasting = do it for God not men = receive reward (6:16-18).
 3. Context = God is the one who provides all blessings and is in control (6:7-13).
 4. Context = You depend/rely upon God so serve Him and Him alone.
 - a. Forgive one another (6:14, 15).
 - b. Don’t allow anything to usurp God’s preeminence (6:19-24; cp. Col. 3:5).
 5. In this context Jesus said to not worry but to seek God’s kingdom and righteousness (6:33; cp. Matt. 7:7-11; Luke 13:24).
- B. “Be anxious (*merimnao*) for nothing” (Phil. 4:6).
 1. Context = closing remarks of a loving letter to a faithful congregation.
 2. Context = focus of letter was admonition unto Christ-likeness, but another thread runs through the letter (1:6, 14, , 19, 25; 2:5, 16, 19, 24; 3:4-11; 4:1, 6, 19 = trust/confidence in God).
 3. Context = worse case scenario spelled out “to die is gain” (1:21)!
 4. Thus, what is there to be anxious about? Trust in God, knowing that the worst thing that can happen is that you are sent to go be with Christ (1:23).
- C. To worry, to be anxious about our physical lives is commanded against and not logical for those strong in their faith. So, don’t!

II. The Goal.

- A. A spiritual blessing from God to His people.
 1. The Lord is our Shepherd, we shall not worry (Ps. 23).
 2. All spiritual blessings are given to us in Christ. We trust in God and in His revelation (Eph. 1).
- B. A light for the world to see.
 1. Humble, serious, controlled, merciful, peacemakers who are not distraught when persecuted but actually rejoice is a light in this world of darkness (Matt. 5:3-16).
 2. Peter said it too (1 Pet. 3:8-17).

Conclusion:

1. God has so much love for us that He does not want us engaged in the self-destructive/self-limiting activity of worry. Consider Rom. 8:15.
2. God also has work for us to be about, that worry will hinder if not prevent. Set yourself free, church, and walk in the light free from worry and trusting in He who loved us and gave Himself for us.
3. Invitation.

MORE ON “FREE FROM WORRY”

1. We are going to see the same reality/truth related to us through scripture over and over as THE solution to nearly all of our problems. We need to not see this as a tired old message, or vain repetition, but as the simple (yet incredibly difficult) gift of God to those who would be His.
2. Understanding the reality of our existence frees us from the worries of the world, but not the concerns. We must understand the difference between these things and strive to live that understanding.
 - A. Note Matt. 6:32 and what follows on Matt. 7:7-12ff. God knows that we have physical needs. He will provide those but most importantly (first and foremost) He has provided for our spiritual needs so that our physical needs are not as pressing/paramount (Cp. Luke 22:41-46; Heb. 5:7; 12:1, 2).
 - B. Note Phil. 4:10-20 and consider the context Paul had to live that way: the testimony of the Old Testament (Ps. 23; 37:25; et al.); the resurrection of Christ; and the promises of God who cannot lie).
3. We too must believe and then we must “BELIEVE”!!! That is, “Be Living” the truth of God’s word, not just knowing it.
4. Remember the warning of Matt. 13:22 (same word as in Matt. 6:25). We must not let the “worries” of this world prevent us from overcoming and being found faithful to God on that great day. Oh, how many ways we do this, but we must overcome. How? By faith!! A knowing, growing, sowing faith that will see us through all the days we will face.
5. Don’t forget we are not alone in this struggle. The church is a blessing of strength and comfort, but only if we avail ourselves of it. Consider Rom. 12; 1 Thess. 9-28.

DO NOT
WORRY!!!!!!