

“Why Worry”
Matthew 6:25-34

How can we overcome worry and fear?

One of the most repeated phrase in Scripture is, “Do not be afraid” it is mentioned over 350 times Judges 6:23, Jeremiah 1:8, Matthew 28:10,

Where does this fear of worry come from? Genesis 3:6-10

*← disobedience
SIN*

When Adam sinned in the garden, a new word entered his vocabulary. He said, “I was ‘afraid.’” Now man continually lives with fear—fear of failure, fear of success, fear of death. Fear became the

Here in Matthew 6:25-34, Christ commands his disciples to not worry about their needs

Worry negatively affects us and is rooted in our lack of trust in God. Philippians 4:6

We should be concerned about our spiritual lives and that of others, and many other things. But we should not worry. 2 Corinthians 11:28

Big Question: What principles does Christ give about overcoming worry

To Overcome Worry, We Must Focus on Eternal Matters Instead of Temporary Ones Matthew 6:19-21

Therefore, we must be primarily concerned about the affairs of heaven, even as we abide on the earth Matthew 6:33

To overcome worry, we must focus on eternal matters—like becoming holy, seeing others saved, growing, and building God’s kingdom. Colossians 3:1-4 says:

In what ways are humans (and specifically believers) more valuable than other parts of creation? 2 Corinthians 3:18, Romans 8:17

Therefore, a great amount of our worry happens because we don’t understand our immense value to God. Romans 8:31-32

To Overcome Worry, We Must Pursue God’s Promises Matthew 6:33, Proverbs 3:5

The kingdom is the place of God’s reign. Seeking first God’s righteousness also includes the conquering of sin in our lives and replacing it with righteous acts and attitudes

To Overcome Worry, We Must Focus on God’s Grace for Today

The fact that Christ calls us not to worry is not based on the fact that believers are exempt from hardship. God promises to give us grace for the day. Lamentations 3:22-23

Question: Why does God only provide grace for the day and not for tomorrow or next year?

God will always provide grace for the day because it bears the burden of the next day, if he didn’t it would be too much for us. Matthew 11:28