

Don't Worry, Trust God!

Matthew 6:25-34

At one time or another we have experience worries or anxiety in our lives.

A lot of things can cause you to worry: *Threat, unmet expectations, fear of the unknown; etc.*

Some of you here today may be experiencing anxiety right now because of a situation or circumstance you're in. Jesus has a message for you today; he wants to show you how to eliminate anxiety and worries out of your life. Jesus addressed anxiety or worries in life during the so called "**Sermon on the mount**" (Matthew 5-7). *Matthew 5 tells us that when Jesus saw the crowds, he went on a mountainside. His disciples came to him and he began to teach them saying: Blessed are the poor in spirit.....*

In chapter 6 we read Jesus' teaching about giving to the needy, praying, fasting and the danger of making money your master. Then in verses 25-34 Jesus addressed anxiety right after he got done talking about money.

Matthew 6:25-34

Therefore I tell you, do not be anxious about your life. (Don't worry about your life)

-what you will eat or drink and what you will put on.

There's more to life than food and clothing. Life's meaning doesn't depend on what you eat or what you wear. *Worry doesn't benefit your life (v.27)* and which of you by being anxious can add a single hour to his span of life? It's been proven that anxiety can truly shorten your longevity in life.

Jesus is giving us reason why we should not worry or be anxious.

1) You have a heavenly Father. You should not worry because of who your heavenly Father is.

God is addressed as our Father in the model prayer. **Our Father in heaven (v.9)**

Consider the greatness of our heavenly Father:

a)-He is a provider provides for the birds) v26

He values you over his creation (you are more valuable than birds). Early fathers sometimes value their jobs more their kids, or value their pets more than their kids. You are more valuable than animals to God. You are more special to him than the rest of his creation.

b)-He clothes the grass of the field (28-30) God clothes the grass you see in the field and he will also clothe you.

2) To worry or be anxious in life is to lack faith. (30) *O you of little faith.*

-being anxious is showing lack of faith. Lack of trust in God as your heavenly Father. In other words, you worry or become anxious because you don't trust God.

Gary Collins (Christian Counseling)

"Worry and anxiety comes when we turn from God, shift the burdens of life on ourselves and assume, at least by our attitudes and actions, that we alone are responsible for handling problems. Instead of acknowledging God's sovereignty and power, or seeking his kingdom and righteousness first. Many of us slip into sinful self-reliance and preoccupation with our own life pressures."

Worry and anxiety comes when you turn from God; you shift focus. Are you looking at the situation rather than focusing on your Heavenly Father?

You should not worry because:

3) Your heavenly Father knows your needs (v.32)

Our Heavenly Father takes care of the birds and clothes the grass in the field. He will take care of you, his child, his special creation, HE is asking you to trust him.

Instead of being anxious Jesus tells us to seek God's kingdom and his righteousness first. Jesus is challenging his followers to examine their priority in life.

Sometimes we claim to have God at the top of our priorities, but when we look at our values, our commitments, our money, time, how much of it is dedicated to God's kingdom? Jesus promises to take care of those things that cause you worry when you seek him first. **Jesus promises provisions for kingdom people.**

Toby Mac :Lord forgive us when we get consumed by the things of this world that fight for our love and our passion. As our eyes are open wide and on you, grant us the privilege of your worldview and may your kingdom be what wakes us up and what lays us down."

As a follower of Jesus if you struggle with anxiety in life, listen to Jesus' word. Don't worry about your life, but trust the one who knows your needs. When you are anxious, you are not trusting God to take care of you. Don't worry about tomorrow, for tomorrow will have its own troubles. Don't worry about your life, but become a kingdom person and he will take care of you. **But seek first the kingdom of God and his righteousness, and all these things will be added to you.** **The cure for worries and anxiety is to trust God. When you trust him you are not worried and when you are worried is because you are not trusting him at that moment.**