

Worry Not!

Wylie United Methodist Church
Pastor Jeff Hatcher – August 23, 2020

Matthew 6:25-34

[Jesus said] 25 "Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more important than food, and the body more important than clothes? 26 Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they? 27 Who of you by worrying can add a single hour to his life? 28 "And why do you worry about clothes? See how the lilies of the field grow. They do not labor or spin. 29 Yet I tell you that not even Solomon in all his splendor was dressed like one of these. 30 If that is how God clothes the grass of the field, which is here today and tomorrow is thrown into the fire, will he not much more clothe you, O you of little faith? 31 So do not worry, saying, 'What shall we eat?' or 'What shall we drink?' or 'What shall we wear?' 32 For the pagans run after all these things, and your heavenly Father knows that you need them. 33 But seek first his kingdom and his righteousness, and all these things will be given to you as well. 34 Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own."

Worry not...

1. HAVE FAITH IN GOD'S CHARACTER

Matthew 6:26

Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they?

Worry not...

2. HAVE FAITH IN GOD'S PROMISES

Matthew 6:33

But seek first his kingdom and his righteousness, and all these things will be given to you as well.

Psalm 20:7

7 Some trust in chariots and some in horses, but we trust in the name of the Lord our God.

SOME OF GOD'S PROMISES:

For I know the plans I have for you," declares the Lord, "plans to prosper you and not to harm you, plans to give you hope and a future." (Jeremiah 29:11)

"Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls." (Matthew 11:28-29)

Trust in the Lord with all your heart and lean not on your own understanding; in all your ways acknowledge him, and he will make your paths straight. (Proverbs 3:5-6)

"Never will I leave you; never will I forsake you." (Hebrews 13:5)

Worry not...

3. HAVE FAITH IN GOD'S PROVISION

Matthew 6:34

Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own."

Philippians 4:11-13

11 ... I have learned to be content whatever the circumstances. 12 I know what it is to be in need, and I know what it is to have plenty. I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want. 13 I can do everything through him who gives me strength.

So how do we "Worry Not"?

- Pray and Trust God
- Listen to Christian music
- Restrict social media & the news
- Read scripture
- Serve Others
- Count your blessings