

## MATTHEW 6:25-34 “THE MOST DISOBEYED COMMAND”

### Cognitive Symptoms

- Memory problems
- Inability to concentrate
- Poor judgment
- Seeing only the negative
- Anxious or racing thoughts
- Constant worrying

### Emotional Symptoms

- Moodiness
- Irritability or short temper
- Agitation, inability to relax
- Feeling overwhelmed
- Sense of loneliness and isolation
- Depression or general unhappiness

### Physical Symptoms

- Aches and pains
- Diarrhea or constipation
- Nausea, dizziness
- Chest pain, rapid heartbeat
- Loss of sex drive
- Frequent colds

### Behavioral Symptoms

- Eating more or less
- Sleeping too much or too little
- Isolating yourself from others
- Procrastinating or neglecting responsibilities
- Using alcohol, cigarettes, or drugs to relax
- Nervous habits (e.g. nail biting, pacing)

**STRESS** also becomes harmful when people use alcohol, tobacco, or drugs to try and relieve their stress. Unfortunately, instead of relieving the stress and returning the body to a relaxed state, these substances tend to keep the body in a stressed state and cause more problems. Consider the following:

43% of all adults suffer adverse health effects from stress.

75% to 90% of all doctor's office visits are for stress-related ailments and complaints.

Stress can play a part in problems such as headaches, high blood pressure, heart problems, diabetes, skin conditions, asthma, arthritis, depression, and anxiety.

The Occupational Safety and Health Administration (OSHA) declared stress a hazard of the workplace. Stress costs American industry more than \$300 billion annually.

The lifetime prevalence of an emotional disorder is more than 50%, often due to chronic, untreated stress reactions. **PRAY**

**Matthew chapter 6 starting with verse 25** “Therefore I say to you, do not worry about your life, what you will eat or what you will drink; nor about your body, what you will put on. Is not life more than food and the body more than clothing? <sup>26</sup> Look at the birds of the air, for they neither sow nor reap nor gather into barns; yet your heavenly Father feeds them. Are you not of more value than they? <sup>27</sup> Which of you by worrying can add one cubit to his stature?”

<sup>28</sup> "So why do you worry about clothing? Consider the lilies of the field, how they grow: they neither toil nor spin; <sup>29</sup> and yet I say to you that even Solomon in all his glory was not arrayed like one of these. <sup>30</sup> Now if God so clothes the grass of the field, which today is, and tomorrow is thrown into the oven, *will He* not much more *clothe* you, O you of little faith?

<sup>31</sup> "Therefore do not worry, saying, 'What shall we eat?' or 'What shall we drink?' or 'What shall we wear?' <sup>32</sup> For after all these things the Gentiles seek. For your heavenly Father knows that you need all these things. <sup>33</sup> But seek first the kingdom of God and His righteousness, and all these things shall be added to you. <sup>34</sup> Therefore do not worry about tomorrow, for tomorrow will worry about its own things. Sufficient for the day *is* its own trouble.

**Matthew 6:25** contains the most disobeyed command in all the Scripture. In fact, there are many Christians who don't even think of it as a command... But our Lord tells us, "Therefore I say to you, do not worry about your life, what you will eat or what you will drink; nor about your body, what you will put on." **Church, worry is not a weakness, it's a sin!**

Jesus has just instructed us about worldly possessions... His command? Don't store up for yourself earthly treasure... it's gonna burn! Go after the stuff that will last forever. Besides you can't serve God and money... Now it's God's end of the deal... **don't worry about, I've got it!**

**THREE TIMES** in our text Jesus **COMMANDS** us not to worry...

Verse 25 "Therefore I say to you, do not worry about your life"

Verse 31 "Therefore do not worry"

Verse 34 "Therefore do not worry about tomorrow"

**KIERKEGAARD SAID IT WELL:** "No Grand Inquisitor has in readiness such terrible tortures as anxiety." Today people consume tranquilizers and sedatives by the ton and are running to counselors by the millions.

Jesus has a better plan! He is not teaching a "Peace brother, it's all good. Who cares, attitude. **We must look deeper!**

The word "**WORRY**" is derived from an Anglo-Saxon word meaning to **strangle** or to **choke**. How well-named the emotion it has been demonstrated again and again in person who have lost their effectiveness due to the paralyzing effects of anxiety and apprehension.

**No anxiety!** There must be no anxiety or worry about anything. To care is a virtue, **but to foster cares is sin**, for such anxiety is not trust in God, but a trusting in oneself, which comes to inward suffering, fears and worry. The cure for anxiety is prayer to God and commitment of our way unto the Lord.

Wuest in Word Studies in the Greek N.T. ... This recognizes the habitual attitude of the unsaved human heart toward the problems and difficulties of life. God commands us to "Stop perpetually worrying about even one thing." We commit sin when we worry. We do not trust God when we worry.

**FIRST**, worry is **irresponsible**.<sup>25</sup> "Therefore I say to you, do not worry about your life, **Worrying about your life shows a slavery to Mammon... this is why Jesus says, Therefore...**"<sup>25</sup> "Therefore I say to you, do not worry about your life, what you will eat or what you will drink; nor about your body, what you will put on. Is not life more than food and the body more than clothing?"<sup>26</sup> Look at the birds of the air, for they neither sow nor reap nor gather into barns; yet your heavenly Father feeds them. Are you not of more value than they?

**Look at the birds...** The Greek demands you "fix your eyes on, so as to take a good look at".

Millions and millions of birds... happy, healthy. **No hypertension...** stress related diseases are probably rare... worry; do they even know what it is?

**Said the Robin to the Sparrow:  
"I should really like to know  
Why these anxious human beings  
Rust about and worry so."  
Said the sparrow to the robin:  
"Friend, I think that it must be**

***That they have no heavenly Father,  
Such as cares for you and me."***

It's a waste of limited time and energy. Jesus asks, "Is not life more than food and the body more than clothing?" *The worry Jesus speaks of debases man to the level of an animal, who is merely concerned with physical needs. We will live for eternity... we have souls... so much more than just the surface TRINITY OF CARES... eat, drink and wear. Your life is more, and you have eternal matters to pursue.*

NOTE!!! But take careful note: the birds don't worry, but they do work. Bird don't just open their mouth and expected God to fill it.

**SECOND**, worry is not only ***irresponsible***... **worry is irrelevant**. Jesus asks again, "Which of you by worrying can add one cubit to his stature?" So you're short. **You bump your head on people's belt buckles. I hug a lot of belly buttons...** So start worrying... worry hard... Take 3 weeks off from work just to worry... Worry day and night - but it won't add one inch to your stature.

Former outfielder for the Texas Rangers, Mickey Rivers, once said, "Ain't no sense worrying about things you got control over, 'cause if you got control over them, ain't no sense worrying. And there ain't no sense worrying about things you got no control over either, 'cause if you got no control over them, ain't no sense worrying." Worry accomplishes nothing!

**THIRD**, worry is ***irreverent***. It's a slap in God's face for you to worry. God clothes the lilies - He feeds the birds - and when they die, they'll disappear into oblivion. Yet, you're His child. You'll live with Him forever. Jesus died to save you. How much more will He care for you? It's been said, **"Worrying is praying to the wrong god."** What distinguishes out thinking as Christians from that of unbelievers? We know our "Heavenly Father knows that we need" all these things. He is our Daddy and He wants us to trust Him!

**Philippians 4:6-7** Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. <sup>7</sup> And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

**v. 7 the peace of God** ... This is the only time that this phrase is used in the New Testament. It must be distinguished from **“peace with God”** which comes as a result of justification by faith and “peace from God” which is his gift to believers. The reference here is to the very peace of God himself. Peace, like love, is part of God’s inner character and that which He himself experiences and displays. Amazingly, it is this peace which he offers to share with his children. It is this experience of the “peace of God” that makes it possible for Christians to rejoice in hard times.

**Transcending all understanding**... Such peace can never fully be understood by human beings. It is the kind of peace which can never be figured out or produced by people themselves. It is that peace which relieves anxiety in a way quite beyond what people can do on their own.

**1 Peter 5:7** Cast ALL your anxiety on him because he CARES for you.

The word “cast” is not the ordinary word in Greek which means “to throw,” but one which signifies a **DEFINITE ACT OF THE WILL** in committing to Him our worries, giving them up to Him. That means that we are through worrying about the matter. We will let God assume the responsibility for our welfare in the premises.

All the water in the world... However hard it tried,

Could never, never sink a ship Unless it got inside.

All the hardships of this world, Might wear you pretty thin,

But they won’t hurt you, one least bit... Unless you let them in.

**Ecclesiastes 11:10** So then, banish anxiety from your heart and cast off the troubles of your body,

**Either Way, Either Worry** A French soldier in World War I carried with him this little receipt for worry: “Of two things, one is certain. Either you are at the front, or you are behind the lines. If you are the front, of two things one is certain. Either you are exposed to danger, or you are in a safe place. If you are exposed to danger, of two things one is certain. Either you are wounded, or you are not wounded. If you are wounded, of two things one is

certain. Either you recover, or you die. If you recover, there is no need to worry. If you die, you can't worry. **SO WHY WORRY?** Walter B. Knight

**Psalm 55:22** Cast your cares on the LORD and he will sustain you; he will never let the righteous fall.

**Mark 4:18** Still other, like seed sown among thorns, hear the word; 19 but the worries of this life, the deceitfulness of wealth and the desires for other things come in and choke the word, making it unfruitful.

<sup>33</sup> But seek first the kingdom of God and His righteousness, and all these things shall be added to you.

His Kingdom first... not second... not an add on if there is time. First!

**HOW?** Being a generous child of God... Continued fellowship with the saints... consistent time in His word... devoted time in prayer... never settling for the status quo... spreading the gospel to all around.

“**Seek First**” **present imperative...** not a one time deal. daily, moment by moment

**Verse 34** Therefore do not worry about tomorrow, for tomorrow will worry about its own things. Sufficient for the day *is* its own trouble.

**DEAREST LOVED OF GOD...** we are not to worry about tomorrow. Worry will not destroy tomorrow's trials, but it will sabotage our strength. **George Macdonald put it this way,** “No man ever sank under the burden of the day. It is when tomorrow's burden is added to the burden of today, that the weight is more than we can bear.

Worrying does not enable you to escape evil. It makes you unfit to cope with it.

It takes **60** trillion droplets of fog to cover seven city blocks. Now sixty trillion droplets, or seven city blocks' worth of fog, can close down airports and tie up cities. Yet, if you condensed those **60** trillion fog droplets, you would end up with only half a glass of water.

That's a good picture of what worry is all about. You begin with something little, only half a glass of water. But you start thinking about it

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and wrestling with it, wondering, *How is this going to work out? How am I going to do that?* And before long, you can't see straight, and your airport is shut down. You're not hearing from the Lord, and you're not soaring with the Lord as you once did because you're all fogged in. Jesus said, "Don't take any anxious thought whatsoever. Don't let worry strangle you. Don't end up in a fog."