



Breaking the Bondage of Worry
Matthew 6

Matthew 6:25-34 (NIV)

"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? 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? Who of you by worrying can add a single hour to his life? "And why do you worry about clothes? See how the lilies of the field grow. They do not labor or spin. Yet I tell you that not even Solomon in all his splendor was dressed like one of these. 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? So do not worry, saying, 'What shall we eat?' or 'What shall we drink?' or 'What shall we wear?' For the pagans run after all these things, and your heavenly Father knows that you need them. But seek first his kingdom and his righteousness, and all these things will be given to you as well. Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.

The Tragic Truth about Worry:

I. Worry Drives us to the Wrong Master

Verse 24 - "No one can serve two masters. Either he will hate the one and love the other, or he will be devoted to the one and despise the other. You cannot serve both God and Money."

2. Worry Steals our Joy and makes us Fearful

Verse 25 – "...Is not life more important than food, and the body more important than clothes?"

Psalm 34:5 (HCSB)

"Those who look to him are radiant with joy; their faces will never be ashamed."

3. Worry is a Waste of time and changes nothing.

Verse 27 – "Who of you by worrying can add a single hour to his life?"



4. Worry Keeps us from fully trusting God.

Verses 28-30 - "And why do you worry about clothes? See how the lilies of the field grow. They do not labor or spin. Yet I tell you that not even Solomon in all his splendor was dressed like one of these. 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?"

5. Worry makes us think like unbelievers.

Verses 31-32 - "So do not worry, saying, 'What shall we eat?' or 'What shall we drink?' or 'What shall we wear?' For the pagans run after all these things

6. Worry Keeps us from experiencing God's Love and Care

Verse 32 – "Your Heavenly Father knows..."

- God is *Personally* Involved in your life.
- God is *Powerfully* Involved in your life.
- God is *Perfectly* Involved in your life.