

# HOW TO WIN THE WAR OVER WORRY

## Anxious for Nothing: Part 4

March 21, 2021 | Pastor Brian

### Matthew 6:25–34 (NIV)

<sup>25</sup> “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? <sup>26</sup> 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? <sup>27</sup> Who of you by worrying can add a single hour to his life?

<sup>28</sup> “And why do you worry about clothes? See how the lilies of the field grow. They do not labor or spin. <sup>29</sup> Yet I tell you that not even Solomon in all his splendor was dressed like one of these. <sup>30</sup> 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? <sup>31</sup> So do not worry, saying, ‘What shall we eat?’ or ‘What shall we drink?’ or ‘What shall we wear?’ <sup>32</sup> For the pagans run after all these things, and your heavenly Father knows that you need them. <sup>33</sup> But seek first his kingdom and his righteousness, and all these things will be given to you as well. <sup>34</sup> Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.

## WHY I SHOULDN'T WORRY

### 1. WORRY IS UNREASONABLE.

*“Is not life more important than food, and the body more important than clothes?” (25)*

*“but all too quickly the message is crowded out by the worries of this life, the lure of wealth, and the desire for other things, so no fruit is produced.” (Mark 4:19, NLT)*

### 2. WORRY IS UNNATURAL.

*“Look at the birds...the lilies of the field...” (26)*

*“Worry weighs a person down...A peaceful heart leads to a healthy body...” (Proverbs 12:25 / 14:30 NLT)*

### 3. WORRY IS UNHELPFUL.

*“Who of you by worrying can add a single hour to his life?” (27)*

*“And if worry can't even do such little things as that, what's the use of worrying over bigger things?” (Luke 12:26, The Living Bible)*

### 4. WORRY IS UNNECESSARY.

*“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? (30)*

*“But it is wrong to say God doesn’t listen, to say the Almighty isn’t concerned.” (Job 35:13, NLT)*

*“And this same God who takes care of me will supply all your needs from his glorious riches, which have been given to us in Christ Jesus.” (Philippians 4:19, NLT)*

## **HOW TO BREAK THE WORRY HABIT**

### **1. GET TO KNOW GOD PERSONALLY.**

*“People who don’t know God and the way he works fuss over these things...” (Matthew 6:32, The Message)*

*“Do not be worried and upset,” Jesus told them. “Believe in God and believe also in me.” (John 14:1, GNB)*

### **2. PUT GOD FIRST IN EVERY AREA OF YOUR LIFE.**

*“But seek first his kingdom and his righteousness, and all these things will be given to you as well.” (33)*

*“In everything you do, put God first, and he will direct you and crown your efforts with success.” (Proverbs 3:6, The Living Bible)*

### **3. LIVE ONE DAY AT A TIME.**

*“So don’t be anxious about tomorrow. God will take care of your tomorrow too. Live one day at a time.” (Matthew 6:34, The Living Bible)*

*“Give us today our daily bread.” (Matthew 6:11, NIV84)*

### **4. TRUST GOD TO TAKE CARE OF THE THINGS I CANNOT CONTROL.**

*“If that is how God clothes the grass of the field...will he not much more clothe you, O you of little faith?” (30)*

*“Give all your worries and cares to God, for he cares about you.” (1 Peter 5:7, NLT)*

*“I am leaving you with a gift—peace of mind and heart. And the peace I give is a gift the world cannot give. So don’t be troubled or afraid.” (John 14:27, NLT)*

## **ACTION STEPS:**

**GOOD FRIDAY  
EASTER!**

PEACE 1-DAY