

Jesus Said That, Pt. 4
“Don’t Worry, Be Happy”
Pastor TW Norman
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Worry has always been an enemy people wrestle with.

You don’t have to be a slave to worry.

1. Jesus Speaks a Better Word

Matthew 6:25-34 (NASB) ²⁵*“For this reason I say to you, do not be worried about your life, as to what you will eat or what you will drink; nor for your body, as to what you will put on. Is life not more than food, and the body more than clothing?”* ²⁶*Look at the birds of the sky, that they do not sow, nor reap, nor gather crops into barns, and yet your heavenly Father feeds them. Are you not much more important than they?”* ²⁷*And which of you by worrying can add a single day to his life’s span?”* ²⁸*And why are you worried about clothing? Notice how the lilies of the field grow; they do not labor nor do they spin thread for cloth,* ²⁹*yet I say to you that not even Solomon in all his glory clothed himself like one of these.* ³⁰*But if God so clothes the grass of the field, which is alive today and tomorrow is thrown into the furnace, will He not much more clothe you? You of little faith!* ³¹*Do not worry then, saying, ‘What are we to eat?’ or ‘What are we to drink?’ or ‘What are we to wear for clothing?’* ³²*For the Gentiles eagerly seek all these things; for your heavenly Father knows that you need all these things.* ³³*But seek first His kingdom and His righteousness, and all these things will be provided to you.* ³⁴*“So do not worry about tomorrow; for tomorrow will worry about itself. Each day has enough trouble of its own.”*

Unbridled Worry, is a cruel master.

Jesus wants us to understand that the opposite of worry isn’t certainty. The opposite of worry is Trust.

2. The Danger of Worry

Worry desires to make you a slave to tomorrow’s concerns.

Why is Worry Dangerous?

A. Worry Consumes but Produces Nothing

Worry is a terrible provider.

Worry is like a rocking chair; it gives you something to do, but it doesn’t get you anywhere.

B. Worry Adds to Tomorrow’s Trouble

v. 34 *“Tomorrow will worry about itself; each day has enough trouble of its own.”*

But here is what worry does: it brings tomorrow's trouble into today.

Worry makes us borrow tomorrow's problems without tomorrow's grace.

C. Worry Fights for Your Focus

Worry attacks what you are uncertain of.

3. How to Overcome Worry

Philippians 4:6-8 (NLT) *"Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done."*

v. 7 *"Then you will experience God's peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus."*

v. 8 *"And now, dear brothers and sisters, one final thing. Fix your thoughts on what is true, and honorable, and right, and pure, and lovely, and admirable. Think about things that are excellent and worthy of praise."*

If it is big enough to worry about, it is big enough to Pray about.

4. What Jesus Gives Us Instead of Worry

Matthew 6:33 (ESV) *"But seek first the Kingdom of God and His righteousness, and all these things will be added to you."*

Worry asks, "How can I control tomorrow?"

Jesus asks, "How can you be faithful today?"

5. Practical Response - Moving from Worry to Trust

A. Name Your Worry

You cannot surrender something you refuse to name.

B. Turn every "What if" into Prayer

C. Starve What Creates Worry in You

D. Choose Today's Faithful Step

Final Question

What are you worried about today that God never asked you to worry about?

You have a Father who knows what you need and is faithful to meet those needs according to his riches in glory.

So, pray about everything, thank Him for what He's already done, choose to think on what is TRUE, seek first His Kingdom, and trust God to hold on to tomorrow.