



# Freedom From Worry

## Listening to Jesus

### I. Jesus' Instructions

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. <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? 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>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.

Philippians 4:6-7 (NIV®)

**Do not be anxious about anything**, but in everything, 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.

A. Conclusion: Worry is a \_\_\_\_\_

B. Impact: \_\_\_\_\_ God's best for your life

Mark 4:18-19 (NIV®)

Still others, like seed sown among thorns, hear the word; <sup>19</sup> **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.

1. Worries of this life
2. Deceitfulness of wealth
3. Desires for other things

C. Faith diminishes when worry flourishes,

v.28 "little faith"

1. Unseen vs. seen

Hebrews 11:1-3 (NIV®)

Now faith is being sure of what we hope for **and certain of what we do not see**. <sup>2</sup> This is what the ancients were commended for. <sup>3</sup> By faith we understand that the universe was formed at God's command, so that what is seen was not made out of what was visible.

2. Growing faith

Matthew 8:23-26 (NASB®)

When He got into the boat, His disciples followed Him. <sup>24</sup> And behold, there arose a great storm on the sea, so that the boat was being covered with the waves; but Jesus Himself was asleep.



<sup>25</sup> And they came to *Him* and woke Him, saying, "Save *us*, Lord; we are perishing!" <sup>26</sup> He \*said to them, "**Why are you afraid, you men of little faith?**" Then He got up and rebuked the winds and the sea, and it became perfectly calm.

Matthew 15:28 (NIV®)

Then Jesus answered, "**Woman, you have great faith!** Your request is granted." And her daughter was healed from that very hour.

## D. Warnings & Promises

### 1. "under the sun"

- a. fashion "why do you worry about clothes?"
- b. food "So do not worry, saying, 'What shall we eat?'"
- c. future "Therefore do not worry about tomorrow"

### 2. God is watching

Luke 12:29-31 (NIV®)

And do not set your heart on what you will eat or drink; do not worry about it. <sup>30</sup> For the pagan world runs after all such things, and **your Father knows that you need them.** <sup>31</sup> But seek his kingdom, and these things will be given to you as well.

## E. Appropriate Concerns . . . Unusual Perspective

Matthew 10:16, 26-31 (NIV®)

I am sending you out like sheep among wolves. Therefore be as shrewd as snakes and as innocent as doves. . . . <sup>26</sup> "So do not be afraid of them. There is nothing concealed that will not be disclosed, or hidden that will not be made known. <sup>27</sup> What I tell you in the dark, speak in the daylight; what is whispered in your ear, proclaim from the roofs. <sup>28</sup> Do not be afraid of those who kill the body but cannot kill the soul. Rather, be afraid of the One who can destroy both soul and body in hell. <sup>29</sup> Are not two sparrows sold for a penny? Yet not one of them will fall to the ground apart from the will of your Father. <sup>30</sup> And even the very hairs of your head are all numbered. <sup>31</sup> So don't be afraid; you are worth more than many sparrows.

## II. Why is worry damaging?

### A. At Best . . . distract your \_\_\_\_\_

Luke 10:38-42 (NIV®)

As Jesus and his disciples were on their way, he came to a village where a woman named Martha opened her home to him. <sup>39</sup> She had a sister called Mary, who sat at the Lord's feet listening to what he said. <sup>40</sup> But Martha was distracted by all the preparations that had to be made. She came to him and asked, "Lord, don't you care that my sister has left me to do the work by myself? Tell her to help me!"



<sup>41</sup> "Martha, Martha," the Lord answered, "**you are worried and upset about many things,** <sup>42</sup> but only one thing is needed. Mary has chosen what is better, and it will not be taken away from her."

## B. At Worst . . . cause your faith \_\_\_\_\_

Matthew 13:22 (NIV®)

The one who received the seed that fell among the thorns is the man who hears the word, but the worries of this life and the deceitfulness of wealth choke it, making it unfruitful.

Matthew 19:21-22 (NIV®)

Jesus answered, "If you want to be perfect, go, sell your possessions and give to the poor, and you will have treasure in heaven. Then **come, follow me.**" <sup>22</sup> When the young man heard this, he went away sad, because he had great wealth.

## Prayer

Heavenly Father, thank you for caring for me. Open the eyes of my heart to your great provision. Holy Spirit teach me to trust and not be afraid. I choose to lay aside worry and anxiety. I choose to lift my heart and voice in thanksgiving and praise to Almighty God---my creator, my redeemer, my deliverer, my sustainer. I can do all things through Christ Jesus my Lord. Amen.