

Week #33| “Do Not Worry, Be Happy”

I. INTRODUCTION (MATTHEW 6:25-34)

- A. Well, last week we looked at **Matthew 6:24** and Jesus’ words that it’s impossible to be a slave to two absolute masters, because an absolute master has control over all the time of a slave’s life. We have to make a decision whether we will trust in our wealth or entrust our wealth into Jesus’ hands.
- B. So, the verses at hand today, which will conclude **Matthew 6** are a summation of Jesus’ words in **Matthew 6:19-24**. One commentator said it this way:
1. *“On the basis of what has gone before and in connection with what follows, the meaning is probably this: since transitory earthly treasures do not satisfy, and setting the heart on them implies forfeiting the enduring pleasures of heaven (19-21), and since the yearning for such earthly riches blurs mental and moral vision (22-23), and finally, because a choice must be made between God and mammon (24), do not continue to set your heart on the latter, that is, on earthly things, such as food and drink, to keep alive, or on clothes, to keep dressed. After all, it is your heavenly father who gave you your life and your body and will sustain them. He who has provided the greater, namely, life and body, will He not also furnish the lesser, namely, food, drink, and clothes. Is not life more important than food and the body than clothes?”* Hendriksen, Commentary on Matthew, Pg. 349

II. WITH CHRIST, THERE’S NO NEED TO WORRY (MATTHEW 6:25-34)

1. **Matthew 6:25** “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.”
- B. As my Pastor in Kansas City always said, “You have to ask what’s the THEREFORE, therefore.” This is a connecting word, meaning that Jesus is trying to connect His thoughts from the previous verse’s to these ones.
- C. The idea is, if God is what you’re trusting in, and not your mammon (possessions, resources, and wealth), why are you worried about life? Jesus is saying, *“It looks like you’ve turned something that your supposed to entrust into My hands to something that your now trusting in. How do I know this? Well, because of the way that you’re fretting over your life, and the basic needs that accompany it.”*
- D. If Jesus has given us life, than we can for sure trust Him with the lesser things of life. Because God has given us life, we can trust that He will give us what’s needed to sustain life.
- E. Now some may be aware of the King James translation of this verse, which says, “...take no thought for your life...” instead of what the New King James says, “...do not worry about your life.” That verse has always bothered me, because I think it’s led many astray assuming that there’s nothing that’s needed from our part.
1. The slight change from “thought” to “worry” changes everything about this verse.
- F. Jesus isn’t condemning us, or even discouraging us from thinking about the future, His point is, “Don’t worry about it, don’t worry over it.”

1. If Jesus is caring for us, if we've entrusted our mammon into His hands, if He's given us human life, and bodies, why are we concerned for the things that accompany our bodies.
- G. Kenneth S. Wuest rightly said, *"We commit sin when we worry. We do not trust God when we worry. We do not receive answers to prayers when we worry, because we are not trusting God."* -James Montgomery Boice, Gospel of Matthew, Pg. 106
- H. R. Mounce also said, *"Worry is practical atheism and an affront to God."* Craig L. Blomert, New American Commentary, Matthew, Pg. 126
 1. **Matthew 6:26** *"Look at the birds of the air, for they neither sow nor reap nor gather into barns; yet your heavenly Father feed them, Are you not of more value than they?"*
- I. Jesus now gives us the second reason why we shouldn't worry. Not only is He committed to humanity and the things that accompany humanity, He's also committed to the birds of the air. And if He cares about the birds, how much more so does He care about us?
- J. He says to us, *"Look at the birds..."* This word look means to *contemplate, to think about, to look into, to ponder, to think seriously about.*
- K. But what happens when we contemplate the life of birds? We'll, we see that they are never idle. They're never just laying around. I've never seen a bird out front chilling on the stoop, laying out with it's wings behind it's head. They are always moving, building nests, gathering food, enjoying the wind, drinking water and doing bird stuff.
 1. So is Jesus discouraging hard work? Hardly. Jesus is telling us, when you look at the bird, what you don't see them doing is being worried, or anxious, or fretting.
 2. Through all their labor, through all their hard work, through all their doing this and that, they remain dependent upon the whims of nature, which Jesus considers GOD'S PROVISION for them. They are dependent upon God for their survival.
- L. The Jews had a saying that went like this, *"Every man must teach his son a trade, for they said, not to teach him a trade was to teach him to steal."* But it was also said, *"If a person has one loaf of bread in the basket, and is worried about what will they eat tomorrow, is a man of little faith."* -William Barclay, Matthew, Pg. 256
- M. The idea here is that we have to teach people how to earn a living, how to work hard, how to be diligent, but at the same time, it's God who provides, not us.
- N. But look, we gotta talk about the "grind" for a minute here. Our American, Western, human nature has us believing in the "grind" in the "hustle" in the work your fingers into the bone and get what you can, because *"you can always sleep when your dead."* This can't be God's ways of leading our lives.
 1. **Matthew 6:27-29** *"Which of you by worrying can add one cubit to his stature? So why do worry about clothing? Consider the lilies of the field, how they grow; they neither toil nor spinning; and yet I say to you that even Solomon in all his glory was not arrayed like one of these."*

- O. Look, Jesus is straight up asking us, “*what has worry helped you to do?*” Could you imagine saying to someone, “*you know what, the first thing that you should do when you wake up in the morning his worry. And if you think you’ve worried enough about today think about tomorrow in the weeks and months to come. not only will it add life to you it might even give you a few extra decades to live.*”
- P. The second rational Jesus gives us to trust in Him, is that WORRY doesn’t add anything to our lives. It doesn’t enable us to live longer, we can’t add any height to our lives. A cubit is about 18 inches, so most likely Jesus isn’t saying, “*You can add 10 inches, to your height, but you will never add 18. He’s saying, “You can’t add 1 inch, or 18 inches. You can’t or take away anything.*”
1. The only exception to this might be Michael Jordan, who in high school use to hang on the pullup bar to try and make himself taller. Whatever he did, it seemed to work...but there’s only one goat, so though it worked for Mike, it ain’t gunna work for you. Not everyone can be like Mike, regardless of what they say! Lebron might wear #23, but he aint MIKE!!!
- Q. Again, we are called to CONSIDER the lilies, which is really a reference to wildflowers and grasses more generally, not just lilies specifically. The idea is better read, “*learn carefully from.*” This is to pay close attention, for the sake of learning, that you might apply this new knowledge to your life, that it might change the way you live.
- R. Jesus’ point here is that the wildflowers and grasses of the earth do even far less than the birds, and their splendor, surpasses even Solomon, the wealthiest man who lived.
- S. People can worry themselves to death, but you can’t worry yourself to being taller, or adding life
1. **Matthew 6:30** “*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?*”
- T. On the hillsides of Palestine, the lilies bloomed so beautifully, so bright, and visible. When they came out, they CAME TO LIFE...but about as quick as they came, they go away. Wilted, good for nothing.
- U. And in fact, it was common for people to use dried grass and withered flowers to throw into their clay ovens to heat them quickly, using it as fuel. Something like grass, something like a lily, way more fragile than birds, and God’s committed to taking care of it!
1. **Matthew 6:31-32** “*Therefore, do not worry, saying what shall we eat? Or what shall we drink? Or what shall we wear? For after all these things the Gentiles seek. For your heavenly Father knows that you need all these things.*”
- V. This verse has always been a mystery to me. Like I get it, but I’ve never GOT IT...until recently, when I was praying over someone here at Legacy. Suddenly it made sense. Look, worry, anxiety, fret, this is what the heathen nations do, what the godless do, this is what non-Christians do, this is what those who don’t have a heavenly Father do.
- W. But this shouldn’t be mentioned, this shouldn’t be tolerated, this shouldn’t be listened to. We outta slap the taste out the mouth of our brothers and sisters when WE go down this road.
- X. This isn’t hyper faith, this isn’t name in and claim it, this isn’t the prosperity Gospel, this isn’t the rich and famous of the Western Church, this is the Gospel! Gods committed to caring the for needs of His children, and His family.

1. **Matthew 6:33** “But seek first the Kingdom of God and His righteousness, and all these things shall be added to you.”
- Y. Well, Jesus is here concluding his thoughts, and He’s answering the previous statement. What do the gentile nations seek after? What do the godless grind for? What do the non-Christian hustle for? Food, clothing, and the things that accompany life. Why? Because they have no Father to look after them.
- Z. So what’s this mean for us? It means, do the opposite of those that have no Heavenly Father, SEEK GOD! They are seeking the things that accompany life, but followers of Christ are called to seek God!
 1. Beloved, this is why God as a Father is mentioned 12 times between **Matthew 5:43-6:35**. We don’t have to live like the godless nations do, because we have a Heavenly Father who looks after us.
- AA. So, how do we defeat worry? We do it by seeking God!
 1. I think many of us would rather work our fingers into the bone so we can look at our accounts and feel safe, then we want to seek God and trust that He’s going to keep us, regardless of what’s in our account.
 2. This is how we defeat worry, anxiety, and fret. We do it by seeking God, by making Him the priority over the Benjamin’s.
- BB. This is Jesus’ climatic end of this paragraph. He’s clear, when we prioritize Him, and our treasure is stored up in heaven, God will provide for the fundamental needs of our human existence.
- CC. Look, if Christ has gone to the efforts of redeeming us the way that He did, on Calvary, are we to suppose that He will fail to care for us now? He will take care of us.