

## **Open your Bibles to Matthew 6:25-34.**

- We're on the fourth week of our Respectable Sins series.

- This week we come our first sin: The Sin of Anxiety.

- We're going to be talking about worrying. (I use "worry" and "anxiety" synonymously. But I usually use the word "worry.")

**Now, I had considered preaching on a different sin, since I had to modify my preaching schedule because I was sick two weeks ago.**

- But I decided that I couldn't skip this one. Especially after receiving a couple of prayer requests where people expressed anxiety about some things going on in their lives. Or it was at least implied.

- I preached on this same subject from Philippians 4:6 back in December. And that's why I thought about skipping it in this series.

- But the sin of worrying is just so prevalent that I believe it is worth addressing again and again.

- It comes up all the time in daily conversations and in our own hearts. (I know that's true of me and my family. So I assume it's true of you and yours as well.)

- This sin is everywhere.

## **The sin of worrying is everywhere.**

- But I think we often consider it to be a small thing.

- And I think that is evidenced by how we will confess that we worry, but don't do so with any shame (at least, not most of the time). We talk about it like it's just an unavoidable part of life.

- Sometimes we think, "I know I SHOULDN'T worry. It's

silly to worry.” But we don’t consider worrying to be WICKED. We don’t consider it to be evil.

- Hear me out: If God forbids us to worry, if He commands us, “Do not be anxious,” then it is not just something we shouldn’t do or is silly. It is a violation of the Law of God. It is an offense against God. It is rebellion against God.

- It is an actual SIN to worry. It is, therefore, not a small thing to be taken lightly. God doesn’t take it lightly.

**And, as I’ve said already, I know that worrying is an issue for many of us.**

- This is not an “out there” kind of sin that Christians often like to focus on.

- I can confidently say as one of your Pastors that this is very much an “in here” sin at CRBC.

- I see it in myself. And I see it in many of us.

**So, I hope this morning to point out the sin of worry.**

- I want to consider what worry/anxiety is, why we shouldn’t worry, why it is evil, the remedy for it, and what we are to do instead of worrying.

- I’ve been praying all week that God would make this sermon helpful to you and to me. I believe I have already profited from thinking on these things. And I pray that God would do the same for you today.

- May God use this sermon to expose our sin, show us why we must not worry, and remind us that because HE LOVES HIS PEOPLE, we need not worry about anything.

**If you would, and are able, please stand with me for the reading of the inspired, inerrant, and infallible Word of God.**

**Matthew 6:25-34**

**[25]** “Therefore I tell you, do not be anxious 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?”

**[26]** Look at the birds of the air: they neither sow nor reap nor gather into barns, and yet your heavenly Father feeds them. Are you not of more value than they?

**[27]** And which of you by being anxious can add a single hour to his span of life?

**[28]** And why are you anxious about clothing? Consider the lilies of the field, how they grow: they neither toil nor spin,

**[29]** yet I tell you, even Solomon in all his glory was not arrayed like one of these.

**[30]** But if God so clothes the grass of the field, which today is alive and tomorrow is thrown into the oven, will he not much more clothe you, O you of little faith?

**[31]** Therefore do not be anxious, saying, ‘What shall we eat?’ or ‘What shall we drink?’ or ‘What shall we wear?’

**[32]** For the Gentiles seek after all these things, and your heavenly Father knows that you need them all.

**[33]** But seek first the kingdom of God and his righteousness, and all these things will be added to you.

**[34]** “Therefore do not be anxious about tomorrow, for tomorrow will be anxious for itself. Sufficient for the day is its own trouble.”

## **(PRAY)**

*Our Heavenly Father,  
Thank you for the opportunity to sit before your Word  
and be taught by you.*

*We ask now that you would help us to understand. But  
more importantly help us to BELIEVE once we  
understand what you are saying.*

*Grant us a greater measure of faith this morning. Teach  
us that we can trust you with everything.*

*And give us a glimpse of our Lord Jesus Christ,  
crucified and risen, who is the proof of your love and  
care for us.*

*By your Spirit, teach and show us these things by your  
Word.*

*Have mercy on us. And lead us.*

*We ask these things in Jesus' Name and for His sake.  
Amen.*

### **1.) The first thing I want us to see in this passage is the Command of Christ.**

•In v25, the first verse of this section, Jesus says, **“DO NOT BE ANXIOUS.”**

•Brothers and sisters, this is a command from the mouth of God. Jesus, God Incarnate, is forbidding something in this text. He is putting a prohibition on worrying.

•I want you to see that this is a REAL COMMAND. It's not a suggestion. It's not advice. It is an IMPERATIVE.

- The command, “Do not be anxious,” is just as forceful as “Thou shalt not.”
- Look at this way: “Thou shalt not be anxious.”

**It is the moral will of God that we not be worrisome.**

- To worry is a violation of God’s holy Law just as much as any other sin.
- It may not be as heinous as other sins, but it is just as truly a sin as anything else that God forbids.
- It is therefore SERIOUS and not to be taken lightly.
- So then, you ought to consider this command just as soberly as you do the command to not murder. For God has forbidden BOTH.

**But what does it mean to be anxious? What does it mean to worry?**

- The original word here seems to indicate something like “being torn apart” in our thoughts. To be vexed in our thoughts.
- And, considering the future sense of anxiety, “what YOU WILL eat or what YOU WILL drink...what YOU WILL put on...Do not be anxious about TOMORROW...” I think we see that worry is being torn apart in our thoughts about the future.

**So then, I think it’s fair to say that what is being forbidden by our Lord is FEAR ABOUT THE FUTURE.**

- Fear about future trials, the needs that will arise in those times of hardship, and how we will be provided for in those times.

- To worry is to be afraid about what may come and how you will be provided for or get through future hardship.
- It's fear about what might happen.
- Fear about what you may lack.
- Fear that you will not have what you need to endure.
- Fear that something will be taken from you that you think you absolutely must keep.
- Anxiety is fear for the future.

**So, to worry, to fear for the future, is to sin.**

- Again, to do so is to explicitly DISOBEY the command of the Lord Jesus in this passage.
- It is not a minor thing to fear about the future. It's not a mere flaw or "character defect" or something to shrug off and brush under the rug.
- I hear people say this, and I've said it, "I'm a bit of worrier. My Mom is a worrier. And that's just kind of how I am."
- And that is absolutely unacceptable for the Christian.
- That's akin to saying, "I'm a thief. My Mom was a thief. And that's just how I am. I just take things sometimes. I know I shouldn't. But I do it."
- We wouldn't accept the second statement. So we ought not accept the first. Not from ourselves or from anyone else who names the name of Christ.
- Again, it is an offense against God to fear for the future.
- And that's how we need to think about it.
- Worry is to be hated and kept away from, because God Himself hates it and forbids us to engage in it.

**Now, it's good at this point to make a distinction**

**between godly concern and sinful worry.**

- The Proverbs talk about working, planning ahead, being wise, looking to the future, and preparing for what you see coming down the road.

- Those things are all good to do. We should think about the future. And we should work hard and plan against possible hardship.

- Planning, saving, and preparing is not forbidden. There can be a kind of concern for the future that is not evil. God does not call us to think only of today in an absolute way.

**Likewise, the Bible doesn't ever call us to be stoic and not care or feel when difficulties come or we can see them about to come upon us.**

- Jesus does not command us here to pretend that everything is always fine. That would be lying.

- We are allowed to have a concern for others, for the church, for hardships that seem to come upon us. And we are allowed to be sorrowful and even upset to a degree when trials come.

- Rather, Jesus is condemning a fretful, fearful, being consumed with “what if,” “what will I do,” “how will I get by,” “how will I go on,” and “what will happen” kind of thoughts.

- It is not planning, feeling, or thinking that is forbidden. IT IS WORRYING ABOUT SUCH THINGS that is condemned.

- Being distressed and vexed in your heart is forbidden.

- Being afraid of what someone will do, that something will be taken that you think you can't live without, fear of lacking something, or fear that something will happen

that you cannot endure. That is forbidden.

- Planing is planning, feeling is feeling, working is working, sorrow is sorrow, but worry is FEAR about the future.

**Jesus says, “Do not be anxious.” But anxious about what?**

- He gives three examples in v25: What you will eat, what you will drink, and what you will wear. Food, water, and clothing.

- Jesus mentions basic human needs.

- If we ought not to worry about those things, then the less basic things to human life are not to be worried about, either.

- If we cannot be anxious about whether or not we will receive WATER, the most basic thing we need to live, then we aren't to be anxious about anything at all.

- We are not to worry about whether or not our basic and material needs of life will be met.

**But I think Jesus goes even broader in the last verse:**

“Therefore do not be anxious about TOMORROW, for tomorrow will be anxious for itself. Sufficient is the day for it's own trouble.”

- We are not to be anxious about what tomorrow holds, no matter what tomorrow holds. And I think that includes anxiety about anything, even beyond our material needs.

- And if I'm wrong about that conclusion, I know that I'm still right overall, because the Apostle Paul explicitly says in Philippians 4:6, “do not be anxious about



## ANYTHING...”

**The teaching of the Word of God about worrying is that we are not to worry about anything at all.**

- We are not to worry about our material needs, as Jesus explicitly speaks of here.
- And we are not to worry about anything, any need, any anything at all, as the Apostle says to the Philippians.
- Physical needs, spiritual needs, internal spiritual strengthening to endure, whatever it might be, we are not to worry about anything but are instead to entrust ourselves to our God.
- So again, the major thrust of this passage is about our material needs, but I can't help but to think that this also applies to any need at all that we encounter.
- Do not worry about tomorrow.

**The principle is this:** Don't worry about the future or what may come.

- Why? Because God will provide for His People.
- That's the principle of this text. And I want to apply it broadly. God will provide every need for His People. That's the point.

**2.) Now, we violate this command of Christ all the time. And often, we probably don't think twice about it. It has become a respectable sin.**

- Worry creeps up into our heart, and we give ourselves over to it and spend hours and days and weeks fretting and trying to plan around whatever we see coming, or simply fear could come. And we spend hours talking to others about it. And we just give ourselves over to it.

- And our hearts are destroyed by it. We vex ourselves with worry.

- And it's just habitual for many of us. The worrisome thought comes into your mind and you just play with it.

**So let me ask you this:** What do you worry about?

- In light of what you've learned so far about what Jesus forbids here, what do you worry about?

- We all commit this sin at least some of the time.

- Jesus knows that.

- And that's why He basically repeated Himself over and over throughout these verses. He keeps saying the same thing: DON'T WORRY.

- And He repeats Himself because He knows that we are daily tempted to worry, we don't learn quickly, we quickly forget and fall back into this sin, and this sin plagues humanity.

- We might not all commit adultery or even be tempted to it very much. But everyone worries.

- So what do you worry about?

**Do you worry about money?**

- Expenses you can't control are piling up. And you wonder how you're going to pay.

- You see inflation continuing to be insane and you wonder how you will buy groceries if it doesn't stop.

- You see layoffs coming and people being let go from your workplace and you worry about your job security.

- Your car is on its last leg and you don't how you'll afford a new one when it finally dies.

- Your hours have just gotten cut.

- You're taking a new job and you'll make a lot less and

you worry about what that will look like for your family.

- You're worrying about your material needs and how you will be provided for.

**Or maybe your worry is not exactly about material needs.**

- There is a lie going around about you. And you think, "What will I do if people believe it? What will become of me? This is a damaging lie."

- You miss an important appointment. And you think, "Now what will happen? What will I do?"

- A family member is angry at you and you've done no wrong. And you think, "What if they never speak to me again? What will I do?"

**Or maybe it's even more serious than that.**

- Do I have cancer? What will I do? Who will take care of my family?

- Will my child live or die? How will I go on if I have to bury my baby?

- Will my wife miscarry this child? How will I deal with that? How will I endure that pain?

- What if my spouse dies? How will I go on?

**There are many thing that we can worry about. So I will not attempt to list any more.**

- You know what plagues your mind. You know what you worry about.

- More importantly, God knows. So I leave it to Him to show you, and you to listen closely.

- What do you worry about?

## **But I think they all boil down to this:**

- We worry about what we will do if the hardship comes.
- We worry about how we will get through it.
- We worry about how we will be taken care of (or how those we love will be taken care of).
- We worry about how our need will be met, whether it is material or spiritual. Whether it be a physical need or grace and strength to endure.

### **3.) But, again, our Lord tells us, “Do not be anxious about tomorrow.”**

- So why shouldn't we worry? What arguments does our Lord give against anxiety?
- He gives many in this text. And I want you to see how gracious He is.
- He could simply say, “Don't do it because I said so.” And we would be obligated to obey.
- But because He loves us so much, and because He sympathizes with us in our weakness, He reasons with us and teaches us so that we can see WHY we shouldn't worry.

## **So why shouldn't we worry?**

1. Jesus keeps it real with us in v27, doesn't He?
  - “And which of you by being anxious can add a single hour to his span of life?”
  - That's just so honest. That's so raw. And its so helpful. Jesus gets to the bottom of it quickly and exposes the FUTILITY OF WORRYING.

## **What will it solve? Nothing.**

- Worrying about your life can't add an hour to your life.
- Worrying won't provide a single thing that you need. It won't take care of a single problem that might come upon you.
- So, really, its the height of foolishness to worry. It does nothing.
- Furthermore, since worry has to do with the future, you're worrying about something that hasn't even come upon you yet. There isn't even any action for you to take. You're vexing yourself for no reason.

**ILLUSTRATE:** A heard a WW2 veteran talking about being afraid when battle came.

- And a fellow soldier told him, "If you're terrified of being shot and allow yourself to be consumed with that, it's like you've already been shot. And then you might get shot for real. So worrying about getting shot is like getting shot twice if it happens."
- The point is this: Worrying won't help. It just makes it worse and doesn't fix anything. It tears your heart apart and doesn't solve anything.
- So you should take the problem when it comes and not a moment before.

## **So, since worrying doesn't accomplish anything, what should you do?**

- You should leave it to the Lord. Your life is in His hands, after all. And worrying won't change His mind about what He has ordained to come upon you.
- Brothers and sisters, instead of worrying, we must accept the situations of life as they come.

- And we should do so because we know, first, that God has ordained whatever comes upon us. And we dare not try to fight His providence.

- And second, it is futile to worry.

- We ought to say with the hymn, “I take content what He has sent.”

- That should be our heart’s posture. Because worrying won’t fix or change a single thing.

2. Second, Jesus tells us to learn a lesson from birds and flowers.

- V26 says, “Look at the birds of the air: they neither sow nor reap nor gather into barns, and yet your Heavenly Father feeds them. Are you not of more value than they?”

- And vv28-30 says, “And why are you anxious about clothing? Consider the lilies of the field, how they grow: they neither toil nor spin, yet I tell you, even Solomon in all his glory was not arrayed like one of these. But if God so clothes the grass of the field, which today is alive and tomorrow is thrown into the oven, will He not much more clothe you, O you of little faith?”

**The birds don’t worry. They don’t even set food back for the future.**

- And yet, God feeds them. They have all they need. God provides for them. God cares for the birds.

- And the lilies of the field don’t make clothing. And yet, God so clothes them in beauty that not even the wealthiest king of Israel, Solomon, had clothing as beautiful as the flowers of the field.

- God provides and cares for the birds and flowers.

They have no need to worry because God takes care of their needs.

**And aren't you worth more than a bird or a flower?**

- Who among us believes that a human being is worth less than a bird or a flower?

- None of us believes that. We know that we are more valuable than they are.

**Do you honestly think that God cares more about birds and flowers than you who have been made in His image and likeness?**

- God spoke them into existence, but He fashioned man from the dirt and personally breathed life into man.

- God made man on the sixth day and gave to him all creation as a gift of love. (And that includes the birds and the flowers.)

- Do you honestly think God will take care of the lesser beings but not care about you who bear His image?

**Let's go further, because Jesus is speaking to His disciples. He's speaking to believers.**

- Do you honestly think that God cares less about you, one whom He has redeemed in the Lord Jesus Christ?

- God gave His Son to die for your sins in your place, God chose you for salvation in eternity past, God has been so patient with you and brought you to faith in His Son, God gave His Son up to divine justice in your place to save your soul from Hell.

- And do you think that He cares about birds and flowers more than He cares about you?

- Perish the thought! God loves you much more than He

loves birds and flowers! MUCH MORE!

**Look to the Cross and see the love and care of God for you!**

- How can you sit there and worry that God won't take care of your every need when He gave His Son for you?!

- How can you think that God loves birds and flowers more than you, when He has loved you so deeply in Jesus Christ?

- Jesus did not die for birds and flowers! He died for you!

- Look at the crucified Christ in your place and see how God provides for you and cares for you.

- He has provided salvation for you. He cares enough about you to do that. He loves you enough that, though you are wicked and sinful, He has saved you through the blood of His only begotten Son.

- Will He not also provide everything else that you might ever need?

- If God gave so much to save you, will He not give you every other material or spiritual need that you have?

- If He gave you the biggest and greatest care and provision, surely He will give you everything else!

**So why shouldn't you worry?**

- Because God will provide for you every need.

- Your HEAVENLY FATHER, as Jesus calls Him in v32, knows what you need and will give it to you.

- Your Father will take care of you. Your Father will do for you whatever you need done, according to His holy and sovereign will.



**NOTE:** This presupposes that God is your Father.

- And God only is your Father if you have been adopted into His Family through faith in Jesus Christ.

- The promise of God's loving care and provision is **ONLY** given to His People.

- But know this, if you have repented and believed on Christ, God is your Heavenly Father. And He will certainly take care of you.

- He cares for the birds and flowers. And you are much more precious to Him than they are.

**Brothers and sisters, God will provide for your every need.**

- Whether it is material or whether it is the need for grace and strength to endure trials and hardship.

- If you have a need, He will sustain you and help you, according to His will.

- He loves you. He loves you much more than anything else in the created order.

- And He has proven it by making you His children through Jesus Christ.

- He is your Heavenly Father. And that is only something the Redeemed of the Lord can say. Of course your Father will take care of you.

**4.) So, in light of all this, I think we begin to see why worry is so evil.**

- It is unbelief. When you worry, you're simply not believing that God is and will do all that He has said and promised.

- You don't believe that God will take care of you. You

don't believe that God cares for you.

- This is why Jesus calls those who commit the sin of worry, "O you of little faith."

- Worry is a deficiency of faith. It is a lack of faith that God will help you and provide for you.

- This is why Jesus says that the Gentiles, people who don't know God, seek after these things. People who don't know God are worried. It is, therefore, unbelief that produces worry.

**NOTE:** Jesus DOES NOT say, "O you of no faith."

- That's not possible for a true child of God.

- You have faith. You trust God to save you through Christ. You trust Him to save your soul and give you eternal life because Christ lived, died, and was raised.

- BUT YOUR FAITH IS LITTLE AND WEAK AND NEEDS TO GROW.

- Again, when you worry, you are full of unbelief.

- And see the silliness of this, by the way: You trust God to save your soul. But you don't trust Him to take care of your needs in this life.

- Does that even make sense? Do you not feel in your heart the ridiculousness of that?

- If you trust Him with the most important thing, your eternal soul, if you trust Him to save you, how can you not trust Him with the things of this life?

**You know, there are many things that we're not believing about God when we worry.**

- I had a list of them in my notes. But as I was preparing this sermon, one just kept ringing in my ears, so I want to focus on that.

- We could talk about how you're not believing that God is sovereign, wise, faithful, and bunch of other things.

- But I think the most basic thing that we don't believe when we worry is that GOD LOVES US.

- And it's because we don't believe that God loves us, that we worry. And I say that because if He doesn't love us, then why would He take care of us and help us?

- We all believe that God is ABLE to help us. He is omnipotent.

- We all believe that God is ABLE to do it. He is sovereign over all things.

- But do we believe that HE LOVES US ENOUGH TO DO IT? Do we believe that He loves us enough to meet our needs and take care of us?

- That's the great question. And I think that's what we're not believing when we worry.

### **We simply don't always believe that God loves us.**

- And so, when we consider future needs, we don't believe that He will be kind to us and put food on our table.

- Or when we consider some great hardship or trial that would crush our souls, we don't believe that He will comfort our spirits and give us grace to withstand and persevere through it.

- Or we know that, since God is sovereign He brings the hardship and He can bring relief. But we don't see divine love standing behind the trial and pain, so we think that God might bring suffering upon us "just because He can" without our best interest, sanctification, and eternal good as His goal.

**If we don't believe God loves us, of course we are afraid about the future.**

- Because God might not care enough to give us food, drink, and clothing.
- Because God might not care enough to give us grace to endure.
- Because God might not bring hardship on us for our good, but might do so because He is an arbitrary bully.
- Brothers and sisters, we are not always convinced that God loves us and will show us kindness in the day of trouble. And that is why we worry.

**Consider how offensive this is to God!**

- Imagine if someone you love and have cared for all your life came to you and said, “ I do not trust you. I don't believe you love me. And I don't believe that you will care for me in the days ahead.”
- What an offense this would be to you! You haven't given them any reason to say that! In fact, you've given them every reason to say and think the OPPOSITE!
- Why would they accuse you of not loving or caring for them? That's all you've ever done for them!
- Brothers and sisters, HOW MUCH MORE WITH GOD?
- If you would be offended, and you do not perfectly love or care for other, how much more is the perfect, perfectly loving, perfectly caring God offended at such unbelief?

**Christian, to call the love of God into question in your heart is BLASPHEMY.**

- To blaspheme is to speak against God.
- And to call His love for you into question is to speak

against God in your heart. And that is blasphemy.

- If someone came in among us and stood up in the service and said, “God does not love His People. And God will not care for them.” What would you say? You would call him a blasphemer!

- But, brothers and sisters, this is what we do in our hearts when we worry. We are saying that God does not love us and will not take care of us.

### **What has God ever done to deserve us to think so poorly of Him?**

- What has God ever done to make you think that He does not love you?

- He gave His Son to save your soul! What do you mean He doesn't love you?!

- What has God ever done to make you think He will not take care of you and provide for you? He has provided and cared for you every day of your life so far! He has given you ever grace and help that you've needed thus far.

- How dare we accuse God in our hearts! How dare we doubt His love and care and kindness toward us!

### **5.) So what is the answer to this sin? How do we fight it?**

- If the root of our worry is that we don't believe that God loves us, then we must look to the crucified Christ.

- Look to the Cross and see the love of God for you there.

- Look to the wounds of the Savior and see how much God cares about you. That He would give such a costly gift to save your soul.

- See the bleeding Savior, see the blood flow from His side and know that God loves you more than you will ever be able to tell.

- See the sinless Lamb of God suffering the wrath of God THAT YOU DESERVE and see how God provides for your needs. You needed a Substitute and God provided.

- See the Sinless One become sin for you and see how God takes care of you.

- Look to Christ and behold the love of God for His People!

- As the hymn says, “Christ the sure and steady anchor, through the floods of unbelief; Hopeless somehow, O my soul, now, lift your eyes to Calvary. This my ballast of assurance, SEE HIS LOVE FOREVER PROVED. I will hold fast to the anchor, it shall never be removed.”

**Brothers and sisters, hear the words of the Apostle:**

- “What then shall we say to these things? If God is for us, who can be against us? He who did not spare His own Son but gave Him up for us all, how will He not also with Him graciously give us all things?” (Romans 8:31-32)

- If God gave Christ for you, if God loved you that much, how then can you believe that He will not graciously give you every single thing that you need?

- Whether it be physical provision, money, strength, grace to press on, comfort in grief, what it may be, whatever you need is, HE WILL GRACIOUSLY GIVE IT!

- Why? Because He loves you!

- The Apostle says, that the Cross is proof that GOD IS

FOR US! He is not against us. He will help us, whatever the help we need might be. He will do it.

- Oh, Christian, see and believe! GOD LOVES YOU!
- And the Cross is the proof that stands through the ages.

- Look to the crucified Christ and see that God is FOR YOU, LOVES YOU, and WILL CARE FOR YOU ALWAYS.

- I can't say it enough, do not worry, but believe that He loves you!

**NOTE:** I need to be clear: This does not mean that God will always do what we want Him to do.

- He will provide for our needs and care for us, yes, But sometimes we need to suffer.

- Sometimes we need less than we think we do.

- Sometimes we need things that we don't think we need, or we don't need things that we think we do.

- This isn't pie in the sky theology. You will suffer in this life. But the promise is that God will help you and provide for you.

- Maybe the thing you fear most will come upon you. It happens all the time.

- Maybe your child will die. Maybe you will lose your house. Maybe you will get cancer. Maybe you will run out of money. Maybe you will lose your job. Maybe you will lose your reputation.

- But the point remains: God will care for you, in the best way, according to His will, and according to His wisdom, goodness, faithfulness, and LOVE FOR YOU.

**Brothers and sisters, this is something we can only**

## **believe by a supernatural work of God in our hearts.**

- So cry out to God. Commit yourself to prayer even as you look to Christ crucified and risen.

- Ask God to grant you faith. That's what you need. Ask Him for help to believe in your heart that He loves and is for you.

- Pray with the man in Mark 9:24, **"I believe! Help my unbelief!"**

- God will answer that prayer. Because it is according to His will.

- Such a person is recognizing their dependence upon God. And God will give faith to that one.

- Cry to God and ask for a strong assurance of His love. And if you get that, you won't worry about anything.

## **6.) So what do we do instead of worrying? What virtue will replace the sin of worrying?**

- Jesus tells us what to do in v33: **"But seek first the Kingdom of God and His righteousness, and all these things will be added to you."**

- This is your business.

- Your business is not to worry about the future.

- Your business is not to try and plan everything out.

- Your business is not to constantly ask, "What if" or "What will I do" or wring your hands about what may come.

- Your business is to seek after God and His righteousness.

## **And this simply means to live under His rule in Christ.**

- You are to resolve to live under God's direction and



control.

- You are to strive daily to live in a manner worthy of Christ and His Kingdom.
- Your business is to strive each day to glorify and honor God by believing and obeying Him.
- Brothers and sisters, we are to hotly pursue submission to and obedience to God, from a heart of love for Him, in all areas of our lives, and entrust all of our needs to Him.

**Instead of worrying, we entrust ourselves, our loved ones, our homes, our bank accounts, our worries, everything, we give them to God.**

- And we take our hands off and say, “Thy will be done.” And then seek to do His revealed will in Scripture.
- And Christ says that when we do that, our God will take care of the rest.
- WE MUST BELIEVE OUR LORD.
- We must “trust and obey. For there is no other way to be happy in Jesus, but to trust and obey.”

**We cannot control what will come upon us. And worrying won't change it but will add sin to the mix.**

- But what we can do is endeavor to be faithful to the Lord, by His grace, and pursue a righteous life out of love for the God we know we can trust.
- For He loves us more than we love Him.
- So that's what our focus should be.

**Christian, make this your prayer:**

- “God, do with me what you will. Take care of me. Be with me. Provide for me. Strengthen me. Comfort me

when I suffer. Prepare me for the day of trouble. Do for me what I cannot do for myself.

- And I am going to follow after Christ.
- I am going to believe, obey, and trust you in all things.
- Help me to do so. Amen.”

**7.) In conclusion, brothers and sisters, it is not an acceptable thing to worry.**

- It is a sin. It is unbelief. It is blasphemous. It is accusing God in your heart. It is evil.
- And so you must repent.
- Own your sin. Call it what it is. Confess to God that you've not believed that He loves you.
- And turn back to Christ. Look to Christ who is the forgiveness of your sins.
- And believe again that God forgives you and loves you in Him.

**Resolve in your heart to trust the God who has saved you in Christ.**

- Know that He really, truly, sincerely, deeply, without question LOVES YOU.
- And remember the blessed truth of Romans 8:32:  
•“He who did not spare His own Son but gave Him up for us all, how will He not also with Him graciously give us all things?”
- God loves you. And so, you need to worry about anything. He will give you all you need. And the proof is Christ.

**May God increase our faith and teach us to trust Him more.**

•Amen.