

WORDS FOR WHEN WE WORRY

Pastor Chad Gilligan | March 19, 2023

I. ALL TO HIM SERMON SERIES

Matthew 6:25 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 than food, and the body more than clothes?

Psalms 42:5 Why, my soul, are you downcast? Why so disturbed within me? Put your hope in God, for I will yet praise him, my Savior and my God.

- *When worry gets loud, try talking to yourself.*

II. WORDS FOR WHEN WE WORRY

1. *I Have Great Value*

Matthew 6:25 “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 than food, and the body more than clothes?”

A. Your life is bigger than my worry.

- Don't let your worry get bigger than you God.

Matthew 6:26 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?

B. Your life is valuable to my Heavenly Father.

- When you question your value, remember **Ephesians 2:10**.

Ephesians 2:10 For we are God's handiwork, created in Christ Jesus to do good works, which God prepared in advance for us to do.

- When you feel like you are not enough, remember **1 John 4:4**.

1 John 4:4 You, dear children, are from God and have overcome them, because the one who is in you is greater than the one who is in the world.

2. I Won't Waste with Worry

Matthew 6:27 Can any one of you by worrying add a single hour to your life?

A. Worry does not add time.

Luke 10:40 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!"

B. Worry distracts us.

Luke 8:14 The seed that fell among thorns stands for those who hear, but as they go on their way they are choked by life's worries, riches and pleasures, and they do not mature.

C. Worry chokes the work of God in our lives.

D. Worry is a very real part of our human lives.

- Worry affects one person differently than it may another.

E. We must be wise with our worrying.

Matthew 6:34 Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.

- When worry kicks in, remember **Philippians 4:6-8**.

Philippians 4:6-7 Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

- When you need peace, remember **Psalms 29:11**.

Psalms 29:11 The LORD gives strength to his people; the LORD blesses his people with peace.

III. COMMUNION

1 Corinthians 11:27-29 So then, whoever eats the bread or drinks the cup of the Lord in an unworthy manner will be guilty of sinning against the body and blood of the Lord. Everyone ought to examine themselves before they eat of the bread and drink from the cup. For those who eat and drink without discerning the body of Christ eat and drink judgment on themselves.

1 Corinthians 11:23-24 For I received from the Lord what I also passed on to you: The Lord Jesus, on the night he was betrayed, took bread, and when he had given thanks, he broke it and said, "This is my body, which is for you; do this in remembrance of me."

1 Corinthians 11:25-26 In the same way, after supper he took the cup, saying, "This cup is the new covenant in my blood; do this, whenever you drink it, in remembrance of me." For whenever you eat this bread and drink this cup, you proclaim the Lord's death until he comes.