

Overcoming Worry

Lakewood Family Church | Pastor Jonathan L. Vorce | June 21, 2026

Text: **Matthew 6:25-34** (NKJV)

Big Idea: Because we have a Heavenly Father who knows our needs and is both able and willing to provide, we can stop letting worry distract us and instead seek first His Kingdom and righteousness.

INTRODUCTION

- “How many of us woke up this week carrying a quiet weight about money, health, our children’s future, aging parents, or just the uncertainty of life in this world?”
 - Acknowledge that anxiety crosses every culture, every generation, and even shows up in the church.
- **Set the context briefly:** Jesus has just warned us about serving mammon (**vv. 19-24**). Now He addresses the very practical question His disciples (and we) naturally ask: *“If I don’t live for money, how will I survive? What about food and clothing?”*
- “Jesus does not leave us in anxiety. He gives us both the reason we don’t have to worry and the better way to live.”

I. Worry Is Unnecessary – Your Father Cares for You (**v. 25 + vv. 26, 28-30**)

- A. Worry is a distraction from real life because it doubts the care of a Heavenly Father who has already proven He values you.
 - 1. **The command:** *“Do not worry”* (“merimnao” = to be pulled in many directions, distracted, divided in mind).
 - 2. Jesus is not forbidding responsible planning — He is forbidding anxious distraction that steals your peace and focus (cf. Martha in **Luke 10:38-42**).

B. Life is more than food and the body more than clothing. The One who gave you life and a body is surely able to sustain what He created.

1. Two vivid illustrations of God's providential care:

- **The birds of the air (v. 26)**: They do not sow, reap, or gather into barns, yet your Heavenly Father feeds them. They work hard but they do not worry. Argument from the lesser to the greater: You are of much more value than they.

- **The lilies of the field (vv. 28-30)**: They neither toil nor spin, yet even Solomon in all his glory was not arrayed like one of these. God clothes even the grass that is here today and gone tomorrow. How much more will He clothe you, "O you of little faith"?

⇒ Whether you are a young parent worried about providing, a student anxious about the future, a senior concerned about fixed income and health, or someone who left family and homeland to build a new life here — your Father sees you. He is not distant. He is a Father who knows and cares.

II. Worry Is Unhelpful – It Changes Nothing

(v. 27)

A. Worry is completely unproductive. It robs you of today without securing tomorrow.

1. *"Which of you by worrying can add one cubit to his stature?"* (Or one hour to his lifespan?)

B. Worry does not change your circumstances — it only changes **"you"**.

1. It drains your joy, damages your health, and distracts you from the very relationships and responsibilities God has given you.

C. Real-life examples that cross cultures and generations:

1. Natural disasters, economic downturns, job loss, health crises, and global uncertainty have taught many that some things are simply beyond our control.

2. Worry never added one day, one dollar, or one guarantee.

⇒ **Application:** The energy we spend rehearsing worst-case scenarios could be redirected toward prayer, wise action, and trusting God for better outcomes.

III. Worry Is Unbecoming – Seek First the Kingdom

(vv. 31-34)

- A. Worry is what people do who do not know they have a Father in heaven. Kingdom citizens live differently.
 - 1. *“For after all these things the Gentiles seek”* (v. 32). Those without covenant relationship with God naturally obsess over the basics. But you have a Father who knows you need these things.
- B. The positive command that changes everything: *“But seek first the kingdom of God and His righteousness, and all these things shall be added to you”* (v. 33).
 - 1. Seeking first means making God’s rule and His ways the deciding priority in your decisions, your time, your finances, your family, and your future.
 - 2. Practical ways this looks in a multicultural, multigenerational church:
 - ⇒ Starting the day with God instead of your phone and your fears.
 - ⇒ Choosing generosity over hoarding (tying back to vv. 19-24).
 - ⇒ Raising children to value character and calling over worldly success.
 - ⇒ Using your resources, skills, and influence for eternal impact.
 - ⇒ Trusting God with outcomes instead of trying to control everything through anxiety.
- C. *“Therefore, do not worry about tomorrow...”* (v. 34).
 - 1. Live faithfully today.
 - 2. Grace is given one day at a time.
 - 3. Tomorrow’s worries will be met with tomorrow’s grace.

CONCLUSION

- Recap the three points with clarity and warmth:
 - Worry is “**unnecessary**” because your Father cares.
 - It is “**unhelpful**” because it changes nothing.
 - And for those who know God, it is “**unbecoming**” — there is a better way: Seek first the Kingdom.
- When we live this way, our lives become like the house built on the rock (**Matthew 7:24-25**). Storms will still come — financial, relational, health, cultural — but we will not be destroyed, because our treasure is in heaven and our Father provides for us here.

Challenge for the week:

Identify the one area where worry has been loudest lately. Every time it rises this week, consciously turn it into a “seek first” action — pray specifically, open the Word, serve someone, give generously, or simply declare out loud, “My Father knows, and He cares.”

“Don’t worry, be happy” is nice but incomplete. Jesus says something far stronger and more beautiful: “Don’t worry — seek first the Kingdom of God and His righteousness, and all these things shall be added to you.”