

Matthew 6:25-34 “Trust God Don’t Worry” [4.5.20]

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Thesis: There are two primary narratives in our world. The first, says that there is no true and loving God, and thus scarcity, and each one needs to hoard and watch out for themselves first. The second says that God is real, He loves, and will provide for your needs so that you don’t need to worry. He has proven which story to believe by sending His Son to provide for us just as the prophets foretold. And because He is good, gracious, and generous, we too can trust God to provide, and be good, gracious and generous as we live within a community of faith and a community generally. Which narrative is guiding your life?

Subject: God’s provision and care

Object: Trust God to provide

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? ²⁶ Look at the birds of the air, for they neither sow nor reap nor gather into barns; yet your heavenly Father feeds them. Are you not of more value than they? ²⁷ Which of you by worrying can add one cubit to his stature?²⁸ “So why do you worry about clothing? Consider the lilies of the field, how they grow: they neither toil nor spin; ²⁹ and yet I say to you that even

Solomon in all his glory was not arrayed like one of these. 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?

³¹ “Therefore do not worry, saying, ‘What shall we eat?’ or ‘What shall we drink?’ or ‘What shall we wear?’ ³² For after all these things the Gentiles seek. For your heavenly Father knows that you need all these things. ³³ But seek first the kingdom of God and His righteousness, and all these things shall be added to you. ³⁴ Therefore do not worry about tomorrow, for tomorrow will worry about its own things. Sufficient for the day is its own trouble.

A. God will provide [25-30]

“Therefore I say to you, do not worry about your life [25]. Whenever we see the word, *therefore*, we need to ask what it is there for? We are in the midst of The Sermon on the Mount. Jesus is explaining proper attitudes and actions of Kingdom subjects, His followers.

There are two groups those with the problem of too much, and those with problem of too little. Jesus reminds those with surplus to love God not money [19-24]. We are to lay-up treasure in heaven not on earth. Heavenly treasure is always secure. All of our time, talent, and treasure belong to God. We are merely managers or stewards. They become yours when you use them for God resulting in heavenly rewards. Your heart will be inclined to where your treasure is. You cannot serve God and money. You either choose to love God supremely or the material world will be your master.

After addressing those with surplus, he speaks to those who don't appear to have enough. *Therefore I say to you, do not worry about your life* [25]. Five times in ten verses, Jesus tells His followers *do not worry*. The Greek could be translated, "stop worrying."

1. God offers life with Him [25]

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? Man's greatest needs are spiritual. Money won't solve the need to be restored in relationship with God and receive spiritual life. How encouraging to people who are struggling with finances.

Life with God is available through Christ. Yes, of course our material needs and even the desire for some comfort are reasonable and relevant, but ultimately there is more to life than this world.

2. God loves you and cares [26-30]

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I love Jesus' style of teaching and how he uses the world around us for object lessons. God cares so much for the birds that even though they don't have a warehouse full of food they have enough to eat, because God provides. You are His children and are more valuable to God than the birds [26-27]. I can imagine Jesus gesturing with His extended arms pointing out the wildflowers in all their splendid colors all around the gentle sloping springtime hillside scene. Even King Solomon in all his finest royal apparel was not as lovely. Yet, flowers spring-up one day and soon they aren't good for anything [30]. If God has cared to clothe the flowers with such beauty, and you are more precious to Him than flowers. So God will take care of your needs [30].

3. Worry is unnecessary, unproductive, and contrary to trusting God. As you contemplate God's life, love and provision, we realize the futility of worry. *Which of you by worrying can add one cubit to his stature?* [27]. I have lived this experiment for decades and simply proven what Jesus declared is true. Worry chokes out life generally and life with God.

Our general fears, worries, and anxiety arise from projecting a future where we are not in control. Those feelings are heightened in times of increased uncertainty caused by COVID-19, and the health and economic impact. Children come into this world with only two fears, falling and loud noises. All of our other fears are learned. Similarly, God's people need to learn to trust God. Even though we are not in control, and that can cause us to experience fear, God is in control, and that should produce peace. Worry is contrary to our faith in God. That is why Jesus gently corrects, *O you of little faith* [30]. How much do we really trust God?

B. God offers a life without anxiety or worry based on trust in Him [30-34]

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1. God knows what you need [31-32]

Therefore do not worry, saying, ‘What shall we eat?’ or ‘What shall we drink?’ or ‘What shall we wear?’ [31]. Food, drink, and clothing are necessities. For after all these things the Gentiles seek. For your heavenly Father knows that you need all these things [32]. Those who don’t know God focus on material things, but God’s people prioritize eternal things, because they trust God to care and provide.

2. God offers contentment to those who choose Jesus [33]

But seek first the kingdom of God and His righteousness, and all these things shall be added to you. Those who live for this world are never satisfied, but those who prioritize God’s kingdom and His righteousness discover that God cares for them, provides for their needs, and experience contentment in this life with God as they prepare for the life to come with Him.

3. God wants you to remember the past, plan for the future, and live for today [34]

Therefore do not worry about tomorrow, for tomorrow will worry about its own things. Sufficient for the day is its own trouble. Since you can trust God, there is no need to worry about the future, but instead focus on God and the present. Jesus lives in the present. He is aware of the hardship He will encounter, but also knows his Father will provide new mercies to cope with tomorrow's struggles.

Through the LORD's mercies we are not consumed, because His compassions fail not.²³ they are new every morning, great is Your faithfulness [Lam.3:22-23]

Study Guide Qs

Q1. Start by sharing with one another the concerns that you are experiencing. We are all likely to have some level of worry, anxiety, and fear. So, it is good to be able to share the common experience with others who love God and love you.

Q2. Discuss some of the ways that you know God cares for you and loves you. Share some of your experiences as well as biblical truth?

Q3. How does your trust in God make it easier to live in this season?

Q4. How would you like to apply this lesson to your life?

Digging Deeper

1. N. T. Wright on being a Christian during COVID-19 <https://www.youtube.com/watch?v=tUTD0S9YVuU&feature=youtu.be>

2. Martin Lloyd Jones ministered at Westminster Chapel in London, England during WW II. Here is his sermon on worry and anxiety: <https://www.youtube.com/watch?v=IDM2bdLpDfs>