

BREAKING FREE FROM WORRY
Against the Grain – Part 5 of 8
(A Study of the Sermon on the Mount: Matthew 5-7)
Matthew 6:25-34
May 9, 2010

1. The Problem: We tend to worry about what we (cannot control).

“So don’t worry about these things saying, ‘What will we eat? What will we drink? What will we wear?’ These things dominate the thoughts of unbelievers.” – Matthew 6:31-32 NLT

2. The Results: We lose our joy, damage our (health), and strain our relationships when we worry.

“Who of you by worrying can add a single hour to his life?” – Matthew 6:27

3. Jesus’ Solution: Choose to rest in God’s (provision) rather than worrying needlessly.

“...I tell you not to worry about everyday life...so don’t worry about these things...don’t worry about tomorrow....” – Matthew 6:25, 31, 34 NLT

4. The Logic: We can relax and trust that our needs will be met because we (matter) to God.

“What I’m trying to do here is to get you to relax, to not be so preoccupied with getting, so you can respond to God’s giving.” – Matthew 6:32 Msg

“Look at the birds. They don’t plant or harvest or store food in barns, for your heavenly Father feeds them. And aren’t you far more valuable to him than they are?” – Matthew 6:26 NLT

Psalm 34:7, 10; 37:25; 107:8-9; 146:5-7

5. The Prerequisite: We must make it our highest priority to (trust) and (follow) Jesus.

“Seek first God’s kingdom and what God wants. Then all your other needs will be met as well.” – Matthew 6:33 NCV

➤ (Giving) is a practical antidote to worry.

“Remember this: Whoever sows sparingly will also reap sparingly, and whoever sows generously will also reap generously. ...Now he who supplies seed to the sower and bread for food will also supply and

increase your store of seed...you will be made rich in every way so that you can be generous on every occasion....” – 2 Corinthians 9:6, 10-11

- **We must be disciplined to focus primarily on (today) rather than be preoccupied with the future.**

“So don’t worry about tomorrow, because tomorrow will have its own worries. Each day has enough trouble of its own.” – Matthew 6:34
NCV

“Digging Deeper” Scripture Readings:

Monday:	Psalm 34:1-22
Tuesday:	Psalm 27:1-14
Wednesday:	Psalm 91:1-16
Thursday:	Psalm 121:1-8
Friday:	Philippians 4:1-23