

SOTM pt 10 – The War On Worry

Pastor John Carmichael

[Mat 6:25-34 NASB95] 25 "For this reason I say to you, do not be worried about your life, [as to] what you will eat or what you will drink; nor for your body, [as to] 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, that they do not sow, nor reap nor gather into barns, and [yet] your heavenly Father feeds them. Are you not worth much more than they? 27 "And who of you by being worried can add a [single] hour to his life? 28 "And why are you worried about clothing? Observe how the lilies of the field grow; they do not toil nor do they spin, 29 yet I say to you that not even Solomon in all his glory clothed himself like one of these. 30 "But if God so clothes the grass of the field, which is [alive] today and tomorrow is thrown into the furnace, [will He] not much more [clothe] you? You of little faith! 31 "Do not worry then, saying, 'What will we eat?' or 'What will we drink?' or 'What will we wear for clothing?' 32 "For the Gentiles eagerly seek all these things; for your heavenly Father knows that you need all these things. 33 "But seek first His kingdom and His righteousness, and all these things will be added to you. 34 "So do not worry about tomorrow; for tomorrow will care for itself. Each day has enough trouble of its own.

- The enemy is trying to kill you with worry. Unless your head is in the sand, there is plenty to worry about. Every responsible, sensible person naturally has things to worry about.
- A key word in the passage is worry. It is written 5 times in some form.
- Worry will naturally, understandably cause you to seek the wrong things.
- Worry is a trap. We will seek the wrong things. Make wrong choices. Do work things.
- Jesus is giving us the way to win the war He knows we have with worry.

How can we win the war on worry?

There are five ways to win the war on worry.

- I. **To win the war on worry, understand that God knows what you need. V. 32-33**
 - a. God knows what you need. [Mat 6:8 NASB95] 8 "So do not be like them; for your Father knows what you need before you ask Him.
 - b. God acknowledges your need. [Phl 4:19 NASB95] 19 And my God will supply all your needs according to His riches in glory in Christ Jesus.
 - c. Eat. Drink. Clothing. Hours.
 - d. He will add all these things. V. 32-33
- II. **To win the war on worry, decide to live by faith. V. 30**
 - a. Little faith is a spiritual malady.
 - b. It is fixable.
 - i. Remember you have faith. [Rom 12:3 NASB95] 3 For through the grace given to me I say to everyone among you not to think more highly of himself than he ought to think; but to think so as to have sound judgment, as God has allotted to each a measure of faith.
 - ii. Feed your faith. [Rom 10:17 NASB95] 17 So faith [comes] from hearing, and hearing by the word of Christ.
 - iii. Choose to live by faith. [Heb 4:2 NASB95] 2 For indeed we have had good news preached to us, just as they also; but the word they heard did not profit them, because it was not united by faith in those who heard.
 - c. Faith is a lifestyle. Faith is a decision in your heart.
- III. **To win the war on worry, remember your worth to God. V. 25, 26, 30.**
 - a. A lack of understanding of your worth will cause you to entertain the lie that God will not help you.

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b. You are worth more than anything to Him.

IV. To win the war on worry, be confident in God's ability. V. 26, 30.

a. There are many birds. Some eat 2x their body weight, some equal, some 50% of their body weight. Imagine having to eat half or equal to your body weight.

b. There are many fields. Each of them is more beautiful than Solomon in all his glory. He did not wear shabby clothes.

c. Tell yourself God is able. [Eph 3:20 NASB95] 20 Now to Him who is able to do far more abundantly beyond all that we ask or think, according to the power that works within us,

V. To win the war on worry, change the target of your seeking. V. 32,33

a. Worrying will justify you seeking the wrong things.

b. Seeking – continually seek.

c. Two focuses to defeat worry:

i. The Kingdom – NBC – allegiance to Him as King. His power, authority, and purpose are to destroy demonic power, heal the sick, and bring honor to Christ Jesus. [Mat 6:10 NASB95] 10 'Your kingdom come. Your will be done, On earth as it is in heaven.

ii. His Righteousness – NBS – the way of life which results from correct seeking. More than a legalistic justice but a seeking for forgiveness and pardon. By the power of the Holy Spirit, we make every effort to obey Christ's commands and avoid ungodly practices and show the love of God.

d. Decide to resist the temptation to seek other things that God is going to provide for you.

- **When you seek God's Kingdom and His Righteousness, you position yourself to defeat worry and receive the provision of what you need.**