**What, Me Worry?**

Matthew 6:25-34; Psalm 37:1-6

**Matthew 6:25**

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?

**Matthew 6:26**

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?

**Matthew 6:27**

Which of you by worrying can add one cubit to his stature?

**Matthew 6:28**

So why do you worry about clothing? Consider the lilies of the field, how they grow: they neither toil nor spin;

**Matthew 6:29**

and yet I say to you that even Solomon in all his glory was not arrayed like one of these.

**Matthew 6:30**

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?

**Matthew 6:31**

Therefore do not worry, saying, "What shall we eat?" or "What shall we drink?" or "What shall we wear?"

**Matthew 6:32**

For after all these things the Gentiles seek. For your heavenly Father knows that you need all these things.

**Matthew 6:33**

But seek first the kingdom of God and His righteousness, and all these things shall be added to you.

**Matthew 6:34**

Therefore do not worry about tomorrow, for tomorrow will worry about its own things. Sufficient for the day is its own trouble.

***When believers worry ...***

1. **We refuse our security.**

**Matthew 6:25**

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?

**Matthew 6:26**

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?

**Matthew 6:28**

So why do you worry about clothing? Consider the lilies of the field, how they grow: they neither toil nor spin;

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and yet I say to you that even Solomon in all his glory was not arrayed like one of these.

**Matthew 6:30**

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?

**Psalm 37:3**

Trust in the Lord, and do good; dwell in the land, and feed on His faithfulness.

**Psalm 37:4**

Delight yourself also in the Lord, and He shall give you the desires of your heart.

1. **We misuse our energy.**

**Matthew 6:27**

Which of you by worrying can add one cubit to his stature?

**Matthew 6:34**

Therefore do not worry about tomorrow, for tomorrow will worry about its own things. Sufficient for the day is its own trouble.

**Philippians 4:6-7**

Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus.

1. **We abuse our testimony.**

**Matthew 6:31**

Therefore do not worry, saying, "What shall we eat?" or "What shall we drink?" or "What shall we wear?"

**Matthew 6:32**

For after all these things the Gentiles seek. For your heavenly Father knows that you need all these things.

**Psalm 37:1**

Do not fret because of evildoers, nor be envious of the workers of iniquity.

**Psalm 37:2**

For they shall soon be cut down like the grass, and wither as the green herb.

1. **We confuse our priorities.**

**Matthew 6:33**

But seek first the kingdom of God and His righteousness, and all these things shall be added to you.

**Psalm 37:5**

Commit your way to the Lord, trust also in Him, and He shall bring it to pass.

**Psalm 37:6**

He shall bring forth your righteousness as the light, and your justice as the noonday.