

**DO NOT WORRY**  
**Matthew 6:25-34**  
**(Parallel Passage: Luke 12:22-31)**

**INTRODUCTION:**

Today, we will study Christ's teaching on Worry. According to Michael Green, "Worry is like a rocking chair, it will give you something to do, but it won't get you anywhere." So, Do Not Worry.

- "But my God shall supply all your need according to his riches in glory by Christ Jesus" (Phil 4:19).

In this message, we will study:

- I. **DO NOT WORRY ABOUT NECESSITIES** (v. 25a)
  - A. Jesus is teaching that we should not be consumed with worry about necessities.
  - B. We should not be preoccupied with the material possessions and luxuries of Life (Matt 16:26).
  - C. Do not be preoccupied with getting more and more (Matt 6:33).
  - D. Jesus is teaching that we should not be consumed with obtaining material possessions that we become disturbed, depressed, sleepless, and frustrated.
- II. **DO NOT WORRY ABOUT YOUR LIFE AND BODY** (v. 25b)
  - A. A person's life and body is much more valuable than the food he eats and the clothes he wears.
  - B. God Provides us with our Lives and Bodies (Ps 39:4; 90:12)
- III. **GOD PROVIDES FOR HIS CREATION** (vv. 26, 28-30)
  - A. The Birds of the Air
  - B. The Lilies of the Field (vv. 28-30)
  - C. The glory and beauty of the lilies surpasses "Solomon in all his glory." (v. 29)
  - D. God "clothes the grass of the field" and He will clothe you (v. 30a).
  - E. When We Worry (v. 30b; Phil 4:19; 1 Pet 5:7)
- IV. **WORRYING IS USELESS** (v. 27)
  - A. Do Not Worry about your Stature – which means height and sometimes means age.
  - B. Quotes on the Uselessness of Worrying
- V. **TRUST IN GOD FOR PROVISION** (vv. 31-33)
  - A. Believers should not spend their lives in anxious pursuit of food, drink, and clothing for the future (vv. 31-32; 1 Cor 10:31).
  - B. The "Gentiles" (v. 32; Eph 2:12)
  - C. Believers are to "seek first the kingdom of God and His righteousness; and all these things shall be added unto you" (v. 33; Rom 8:28; Ps 84:11).

**VI. DO NOT WORRY ABOUT TOMORROW (v. 34)**

- A. Jesus is reassuring us that just as He provides for the birds and clothes the lilies, He will care for us.**
- B. Live by Faith, rather than by Worrying**
- C. Each day has enough troubles of its own.**
- D. Jesus did not promise us a trouble-free life, but encourages us to focus on the present, where God's Grace is sufficient (Ps 118:24).**

**CONCLUSION:**

- A. "A child does not worry all day long whether his house will be there when he gets home from school or whether his parents will have a meal for him that evening. Children do not worry about such things, because they trust their parents. In the same way, we as Christians should trust our heavenly Father to supply what is best for us" – (Michael Green).**
- B. "For I reckon that the sufferings of this present time are not worthy to be compared with the glory which shall be revealed in us" (Rom 8:18).**
- C. Salvation is Not Dependent on Feelings**  
Once a man told D. L. Moody that he was worried because he did not feel saved. Moody asked, "Was Noah safe in the ark?" "Certainly he was," the man replied. "Well, what made him safe—his feeling or the ark?" "How foolish I've been!" the man said. "It is not my feeling; it is Christ who saves!" (Source: Ministry 127).

**D. Romans Road (Rom 3:10, 23; 5:8; 10:9, 13)**



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**"... the word of our God shall stand for ever" (Isa 40:8).**