

## WHY WORRY ABOUT IT?

Jeremiah 42:7-10

INTRODUCTION: Sixty percent of young people today who were asked about their basic feeling toward life is replied "Fear and worried!" Worry and fear without justification can result in all manner of negative physical, emotional, and even spiritual manifestations. As we connect the spiritual dots about worry from the Word of God we learn that worry is sin and is not pleasing to our God because worry always stems from a lack of faith in the Word of God.

Matthew 6:28-30; Matthew 8:26; Matthew 14:28-31; Matthew 16:5-8. Our Lord Jesus always links our worry to a lack of faith. A lack of faith always leads to living a life that does not please our God: Hebrews 11:6; Romans 14:23; Philippians 4:6-7. Our Lord Jesus, in the Sermon on the Mount, gives us five solid reasons for looking to the future in faith and not in fear.

### I. WE SHOULD NOT WORRY BECAUSE OUR EXISTENCE SURPASSES OUR NEEDS!

Matthew 6:25: We do need to plan as carefully as we can but there is no need worry or be anxious over our future needs. We have the precious promises of God to lean on: Philippians 4:19; romans 8:31-39. Our real need is to simply remain faithful to our Lord until He comes for us or we go to Him: Matthew 10:24-33. The fear of God causes us to fear nothing or no one else!

### II. DO NOT WORRY BECAUSE WE ARE VALUABLE TO OUR GOD!

Matthew 6:26-30: birds don't worry over their needs. They do work but it is God who provides for their needs. We also do not need to worry over our needs, we do need to plan and do the work our God has called us to, but it is our God who meets our needs also. When we do worry we are not trusting in our God's provision for each of us: Proverbs 3:5-6; Proverbs 31:25.

### III. WE SHOULD NOT WORRY BECAUSE THAT IS HOW UNBELIEVERS REACT TO THE TRIALS OF LIFE!

Matthew 6:31-32: it is no wonder unbelievers worry; God is not their Father and they believe life just happens by chance so they have a lot to worry about. How much did you worry about food or clothes when you were a child? If you had loving parents you knew they would somehow take care of those needs. They were your parents and you knew they loved you and would meet your needs! Philippians 4:19.

### IV. WE SHOULD NOT WORRY BECAUSE WORRYING DOES NO GOOD!

Matthew 6:27: Worrying can add no more time to our lives; all it can do is take time off our lives. Our God has given us His very great and precious promises in His Word so we do not have to worry over the length or quality of our lives! Psalm 84:11-12.

### V. WE SHOULD NOT WORRY BECAUSE IT SAPS OUR EVERGY THAT SHOULD GO INTO SERVING OUR GOD!

Matthew 6:33-34: If we are faithful to our God today, He has promised to add every good thing to our lives that we need. When we reach tomorrow God will be there to meet our needs just like He is here today meeting our needs. Worrying about tomorrow takes away from enjoying our God's blessings today! James 1:5-8. When we choose to trust God with today and tomorrow's problems we set God in motion to meet our needs: James 1:2-4; Philippians 4:4-7; Psalm 94:19. The Psalmist was right; God's consolations; His promises, give us peace in our hearts as we simply trust in Him.