

WILLPOWER – WORRY (Matthew 6:25-34)

November 3, 2019

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Worry is one of the most besetting sins of our age. From whether we will get a raise to how our kids will turn out to what the weather will bring, worry infiltrates every part and portion of our lives. Jesus calls us, instead of trying to control tomorrow, to trust in God today as well as tomorrow. On this All Saints' Sunday, we are reminded of what our future holds. As people of Christ, we need not worry.?

"Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear..." – Matthew 6:25

Extrinsic goals vs. Intrinsic goals

"... Is not life more than food, and the body more than clothes? Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they?" – Matthew 6:25-26

Problems with Worry ...

1. **There is always _____ to worry about.**

Matthew 6:25, Matthew 6:32, Philippians 4:19

And my God will supply all your needs according to his riches in glory in Christ Jesus. – Philippians 4:19

2. **Worry _____ work.**

Matthew 6:27, Matthew 6:34, Philippians 4:6

Solutions to Worry ...

1. **In place of worry, try _____.**

Philippians 4:6, 1 Peter 5:7

Cast all your cares on Him, because He cares about you. – 1 Peter 5:7

2. **In place of worry, try _____.**

Philippians 4:6, John 14:1-3

Don't worry about anything, but in everything, through prayer and petition with thanksgiving... – Philippians 4:6

Questions for individual or group reflection:

Are you more worried about what you will accomplish? Or what will happen to you personally?

What is your biggest worry right now?

Do you think that worry is a sin? How bad is it compared to self-righteousness, anger, adultery and idolatry?

What did Jesus say about worry? (See Matthew 6:25-34)

Why might God not want you to worry?

Does your worry solve anything?

When you are done worrying about something, is that the end of worry for you?

Rick Warren once said, "if you know how to worry, you know how to meditate." How are meditation and worry similar? Different?

How might meditation and prayer combat worry?

How does being thankful help with worry?

Do you feel secure in God's hands? Then why worry?

Pray: Heavenly Father, thank you for the love, mercy and kindness you have shown to us. Thank you that you care for us so much that you allowed your Son to die for us. Help us to rest secure and confident in His finished work on the cross, such that we do not worry about the things of this world. Remind us Lord that our worry doesn't change things – but prayer does. So, cause us to pray rather than worry. Help us Father to recognize that your history of blessing us reminds us of your promises to care for us. Help us to be thankful for our many blessings rather than to worry. And may we simply not be anxious about anything, but cast our cares on you. In Jesus' Name. Amen.

Do:

- Take an inventory of things that worry you. Then turn that into a prayer list.
- Maintain a "blessing list," and thank God for what is on it.
- Ask God to forgive your worry and surrender your cares to Him.

Memory Verse: *"Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God."*
– Philippians 4:6





WILLPOWER

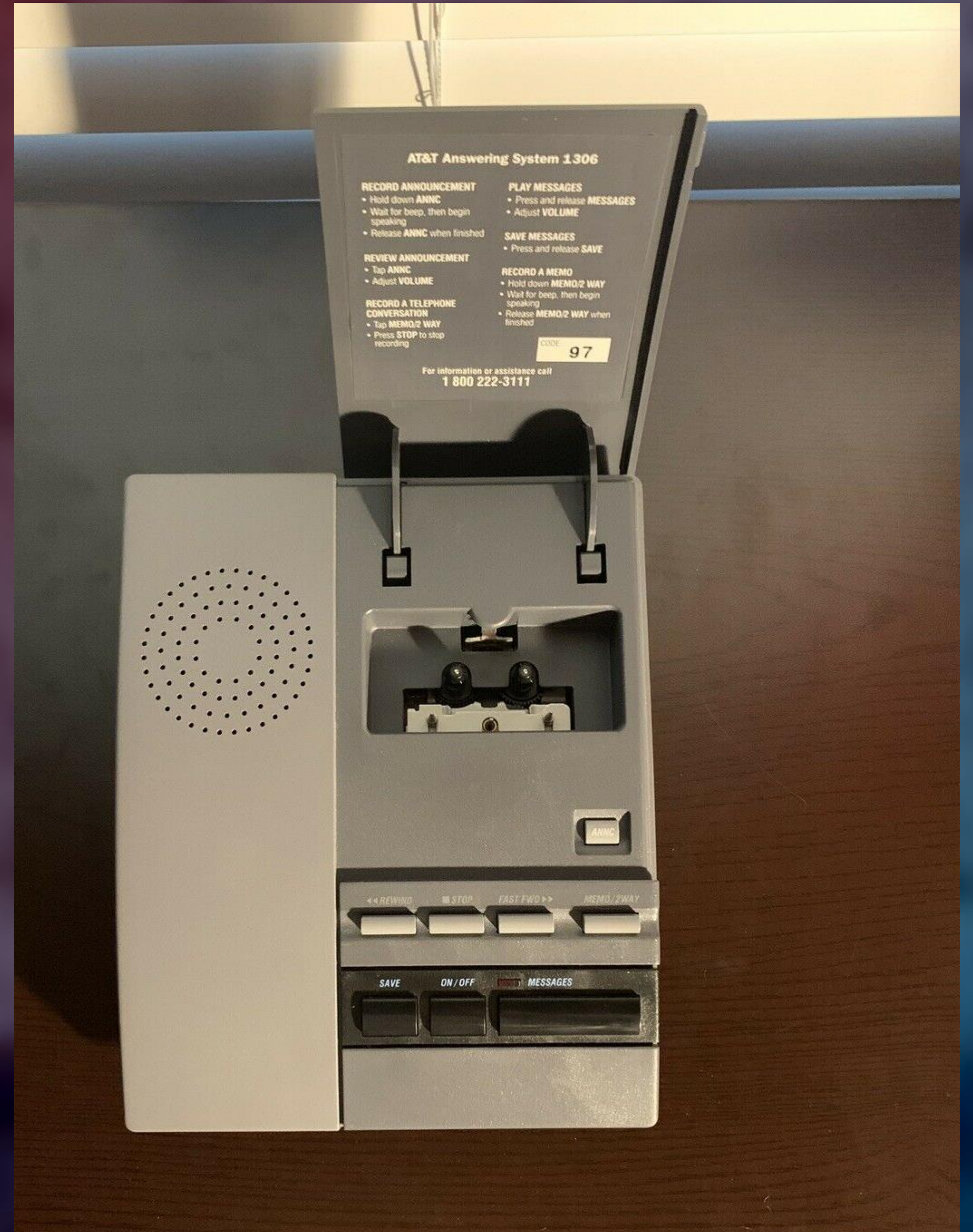
Unleashing the Power of God's Will

I know that you can do all things; no purpose of
yours can be thwarted.

JOB 42:2

WILLPOWER ...

1. Anger
2. Lust
3. Laziness
4. Worry ...



SHOULD I BE WORRIED?

I'M A LITTLE WORRIED.

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WILLPOWER ...

1. Anger
2. Lust
3. Laziness
4. Worry ...

“Therefore I tell you: Don’t worry about your life,
what you will eat or drink; or about your body,
what you will wear.”

MATTHEW 6:25

“worry” – *merimnao* – “divided,” “distracted”

Extrinsic goals vs. Intrinsic goals

“... Is not life more than food, and the body more than clothes? Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they?”

MATTHEW 6:25-26



PROBLEMS WITH WORRY

1. There is always something else to worry about.

“Don’t worry about your life, what you will eat or what you will drink; or about your body, what you will wear.”

MATTHEW 6:25

“The Gentiles seek after all these things, and your heavenly Father knows that you need them all.”

MATTHEW 6:32 (ESV)

And my God will supply all your needs
according to his riches in glory in Christ Jesus.

PHILIPPIANS 4:19

PROBLEMS WITH WORRY

1. There is always something else to worry about.
2. Worry does NOT work.

“Can any of you add one moment to his life span by worrying?”

MATTHEW 6:27

SERENITY PRAYER:

“God, grant me the serenity to accept the things I cannot change, courage to change the things I can, and wisdom to know the difference.”

– Reinhold Niebuhr

“Don’t worry about tomorrow, because tomorrow will worry about itself.”

MATTHEW 6:34

Don't worry about anything, but in everything,
through prayer and petition with thanksgiving,
present your requests to God.

PHILIPPIANS 4:6

SOLUTIONS TO WORRY

In place of worry, try prayer.

Don't worry about anything, but in everything,
through prayer...

PHILIPPIANS 4:6

Cast all your cares on Him, because He cares about you.

1 PETER 5:7

SOLUTIONS TO WORRY

In place of worry, try prayer.
In place of worry, try thankfulness.

Don't worry about anything, but in everything,
through prayer and petition with thanksgiving...

PHILIPPIANS 4:6

¹ “Don’t let your heart be troubled ... ² In My Father’s house are many rooms; if not, I would have told you. I am going away to prepare a place for you. ³ If I go away and prepare a place for you, I will come again and take you to Myself, so that where I am you may be also.”

JOHN 14:1-3

