

Sunday, June 9, 2013
Freedom from Worry
Matthew 6:25-34

Biblical freedom is release or liberation from illegitimate bondage in order to become all that Jesus created us to be.

Worry is like a thin stream of fear that trickles through the mind that, if encouraged, will blast a hole so wide that all other thoughts will drain out. Worry is the sin of distrusting the promise and providence of God. It is the sin that Christians commit perhaps more frequently than any other.

You know you are a worrier when your circumstances dictate your well being. The difference between "concern" and "worry" is the issue of "whom or what" is in control.

"The English term *worry* comes from an old German word meaning to strangle, or choke. That is exactly what worry does; it is a kind of mental and emotional strangulation, which probably causes more mental and physical afflictions than any other single cause."

--John MacArthur

Jesus Gives Three Reasons We Should Not Worry:

I. Because of our Father

- Matthew 6:25a *Therefore I tell you...*
- **Three Items We Should Never Worry About:**

A. What we will eat (Matthew 6:26 ESV)

God's birds get up every day knowing that their heavenly Father has the day covered. They really do believe that somewhere out there in the sovereignty of God there is a worm they will find with their name on it.

B. How long we will live (Matthew 6:27 ESV)

C. What we will wear? (Matthew 6:28-30 ESV)

II. Because of our Faith

- Matthew 6:31-32 (ESV) ³¹ *Therefore do not be anxious, saying, 'What shall we eat?' or 'What shall we drink?' or 'What shall we wear?'* ³² *For the Gentiles seek after all these things, and your heavenly Father knows that you need them all.*
- The cause of worry is seeking the things of this world, just as the cause of contentment is seeking God's kingdom and His righteousness.
- Until we make God's kingdom our priority, God will never make our needs His priority.

III. Because of our Future

- Matthew 6:34 (ESV) *Therefore do not be anxious about tomorrow, for tomorrow will be anxious for itself. Sufficient for the day is its own trouble.*
- Quit worrying about what might happen tomorrow; when you borrow from the bank of tomorrow, you increase your burden for today. Most people are being crucified between two thieves, yesterday and tomorrow. Today is the tomorrow that you worried about yesterday.