Why Do You Worry?

Or, Worry Will Worry You To Death

Matthew 6:25-34

Six times in ten verses, Jesus uses the word “worry.” Three times Jesus commands, “Do Not Worry” (6:25,31, 34). And then, almost as if Jesus knew we were going to worry anyway, He tells us how to deal with worry.

When Jesus says something one time, it's important. When He says something twice, it's really important. When He says something three times, we had better pay attention.

- Repetition in scripture not only emphasizes the weightiness of the instruction, but it also emphasizes the slowness of humanity to take heed to what was said.

If you have a KJV, you may be saying, “I don't see the word “worry” one time, much less six times.” The phrase “take no thought” comes from the Greek word which means “fretting, anxious worry, burdened with cares.” The Greek root word means “to divide, to be pulled in different directions, to strangle, to choke.”

- If you are mowing the yard and you come to some tall, thick grass, the mower may choke down and even kill the engine. That's what worry will do in your life.

- Let me give you a simple definition of worry: worry is excessive concern over the affairs of life. The key obviously is the word “excessive”. Worry happens when you are so concerned about the problems of life that you can think of nothing else. It is an all-consuming feeling of uncertainty and fear.

- Worry pits a person against themselves. Worry tears you apart inside and, yet, worry accomplishes no purpose and gets you nowhere.

- Worry is like a treadmill: it will wear you out, but it won't get you anywhere ...AND IT'S A SIN!
-In fact, it's the only sin I know of that people who worry brag about, I've never had anyone come to me and say, “O, Preacher, I cheated on a test” or “I've robbed a bank” or “I've been unfaithful to my mate”, but I have had folks say, “O, Preacher, I've stayed up all night worrying about so and so”; “I stayed up all night gossiping about folks.”
-Worry is one of those “acceptable” and “respectable” sins that we not only love to acknowledge, but brag about doing.

Why is worry sin?

1. Because to worry is to disobey God

Three times Jesus commanded us not to worry. To disobey God is sin (6:25, 31, 34). In 6:25, Jesus tells us to “stop worrying.” In 6:31, Jesus says, “Don't start worrying.” Jesus is saying, “If you are worrying, stop it, and if you are not worrying, don't start.” “If you are worrying, get out of sin; and if you are not worrying, stay out of sin.”

2. Because to worry says that we don't believe God can take care of our needs.

God has promised to take care of our needs – not our wants, but our needs, and to worry says that we don't trust God to do what He said He would do.

For every evil under the sun
There is a remedy, or there is none.
If there be one, seek it 'til you find it;
If there is none, never mind it.

There are two things we should never worry about: The things you can't change and the things you can change.

1. The things you can't change
If you can't change something, don't worry about it. There are some things you can't change. You can adjust your attitude toward them, ask God to give you grace in dealing with them, but worrying will not change them and only harm you, so don't worry about them.

2. the thing that, by God's grace, you can change.

If you can change something that needs to be changed, stop worrying about it and do something about it.

Let me tell you what worry IS NOT:
- Jesus didn't say for us not to Plan. In fact, Jesus says a wise man will plan. - Nor did Jesus say that we shouldn't be concerned. If we see a child playing too close to a busy street, concern will cause us to go get the child away from the street.

How can we tell when the legitimate concerns of life have become sinful worries? Here are three practical guidelines:

1. Concerns become worry when the thing you are concerned about is the first thing you think about in the morning and the last thing you think about at night.

2. Concerns become worry when you find yourself thinking about it during every spare moment.

3. Concerns become worry when you find yourself bringing it up in every conversation you have.

I. The Causes of Worry

It's interesting that the things Jesus said folks worried about 2,000 years ago are the very things that cause us to worry today.

A. They worried about Food – 6:25,31
What folks worry about the most is daily needs FOR THE BODY. We worry about external matters. If we know the Lord has taken care of us internally, then we can be confident He will take care of us externally, too.

-As a Christian, I know that God has taken care of the real me. My Soul and Spirit have been renewed by the Lord. He has changed my life, saved my soul, and secured my eternity. Since he has taken such wonderful care of my internal being, I trust He will do the same with my external being. You see, life is more than what I eat and what I wear. The real me is the man inside, not what's on the outside.

Notice 6:26, Become a bird watcher. If God takes Care of the birds, He'll take care of us. No farmer feeds his chickens and starves his children.
-There are millions and millions of birds, and all I've seen seem to be healthy and happy. None of them suffer from hypertension or ulcers or stress-related disease, and certainly, none of them are worrying. God takes care of them and none of them are farmers. None of them sow seeds or reap or gather into barns, but they are still provided for by God.
-Jesus is not encouraging us to be lazy and goof around. Birds instinctively make provisions for the future. The Father prepared the birds to do what they do – fly, sing, eat, build nest. They must be busy, working hard, or they will starve.

The point of our Lord's illustration is God's gracious care and He summed it all up by saying, “Are you not much better than they?”

Said the robin to the sparrow:
“I should really like to know
Why the anxious human beings
Rush about and worry so.”
Said the sparrow to the robin:
“Friend, I think that it must be
That they have no Heavenly Father
such as cares for you and me.”

B. They Worry About Fashion – 6:25, 28-30
What beautiful garments flowers wear. Jesus uses the word “arrayed” to describe them. The bloom is beautiful to the eye and the air is filled with its fragrance. God takes such care to make them beautiful and to make them smell so delightful; yet, they last such a short time.

-Think about it: Flowers don't have the advantages that birds have. Birds can at least hunt and peck, and build nest. Flowers just stand there, receiving their beauty and fragrance from God.

-It's not so much that we worry about having clothes to put on; we worry more about the style of clothes we wear. It's not that we may not have a shirt to wear, but do they have a man on a horse or a duckhead on them. Excessive!

C. They worry about Finances – 6:19

Can God take care of my finances?

D. They worry about their Fitness – 6:27

The word “stature” here may refer to length in height or to length in time. No matter how much you worry about how tall you are, all the worrying in the world isn't going to make you taller. And you can't extend your days on earth by worrying. You may shorten them by worrying.

E. They worry about the Future – 6:34

No matter how much we worry, the future is not going to be revealed to us today. We don't know what's going to happen tomorrow or next month or next year, and God is good and gracious not to tell us. The best thing about the future is that it comes one day at a time.

II. The Curse of Worry

Worry is unproductive. It accomplishes nothing. Worry is unnecessary. Our Heavenly Father knows what we have need of.
1. Worry is Foolish

Worry has never lifted a burden or solved a problem or made a house payment or car payment or rubbed out a single wrinkle. (It has added a few.)

2. Worry is Fruitless

Someone said that worrying is like shoveling smoke. You're not any better off when you're done than you were when you started.
-A third grade teacher was trying to teach her class how to use fractions. She said to a little boy on the front row, “Billy, what is 3/4 of 5/16?” He said,”Miss Smith, I don't know what it is, but it's not enough to worry about.”

3. Worry is Faithless

Worry insults God. Rather than trusting God, we doubt God. Worry says that my problem is too big for God to handle.
-Listen : Don't worry about anything that is under God's control. What is there in your life that God is not big enough to handle?

III. The Cure For Worry – 6:33

Jesus is talking about getting our priorities in order. Everything rises and falls right here. If our priorities are not right, we will not be right.
-“Seek first” means “to actively pursue” or “to go after.” And it must be done continuously. Every day of your life you ought to seek first the Kingdom of God and His righteousness.
-Seek His Kingdom: Make sure first of all that you are in His Kingdom. Make sure you are saved. Then actively pursue His righteousness. It means that daily you seek to be close to God and clean before God.

There was something that I used to worry about that I don't worry about any more. I used to wonder what would happen to me if I were to die. I don't worry about that any more, because I have had a personal
faith experience with the Lord Jesus and He forgave my sins and gave me His gift of eternal life.

May I tell you that worrying about your eternal destiny will not get you to heaven. God is big enough and powerful enough and loving enough to do something about your sins and your lost condition. That's why He said that we are to seek first his Kingdom.

If you are worried about your eternal destiny, settle it now.