

*"Don't Worry About Tomorrow"*

OVERCOMING

FEAR & ANXIETY

**Matthew 6:19–34**

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# Results of Anxiety

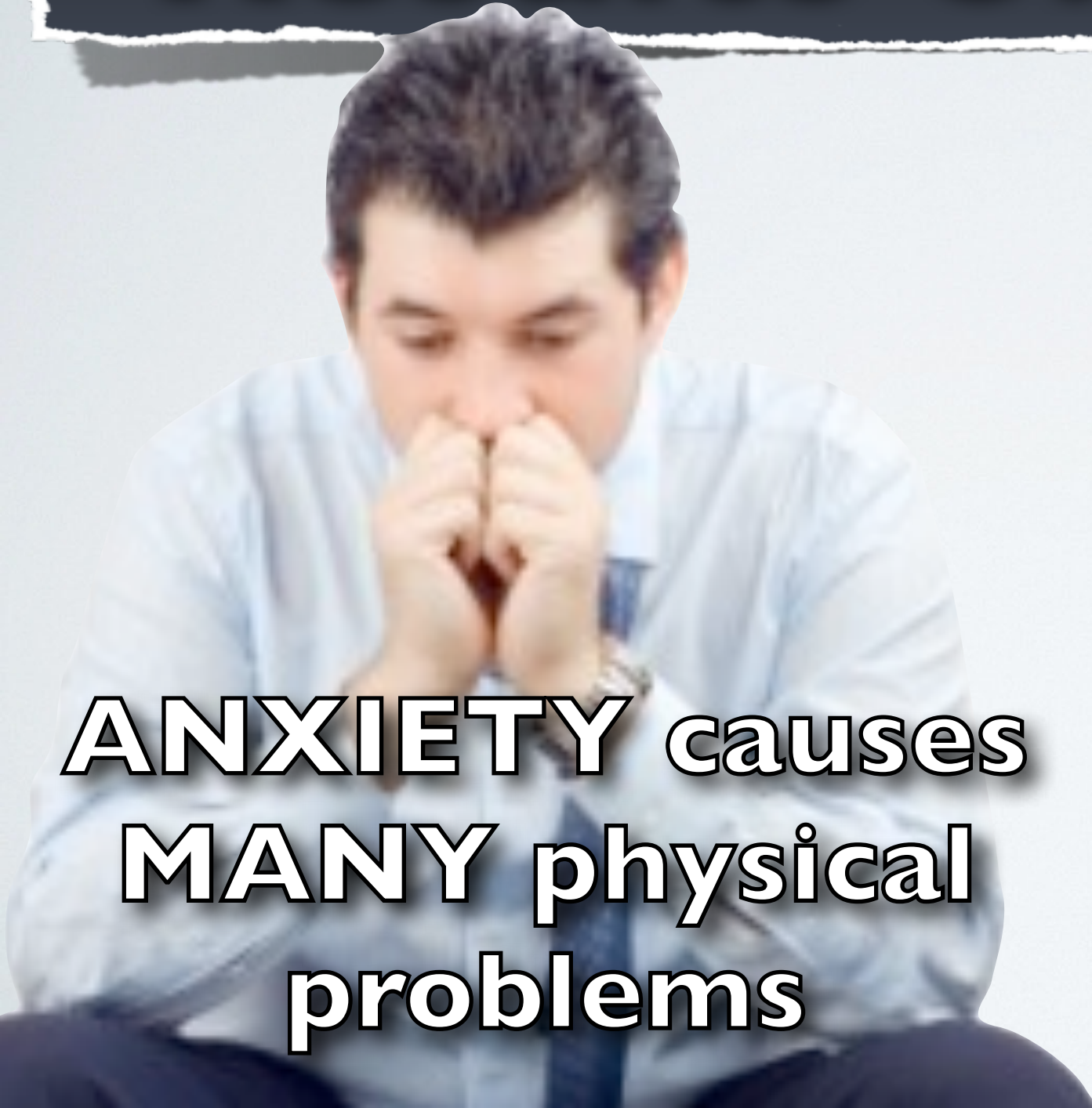
**Ulcers**

**H.B.P. / Stroke**

**Heart Problems**

**Substance Abuse**

**Suicide**



**ANXIETY** causes  
**MANY** physical  
problems

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# Results of Anxiety

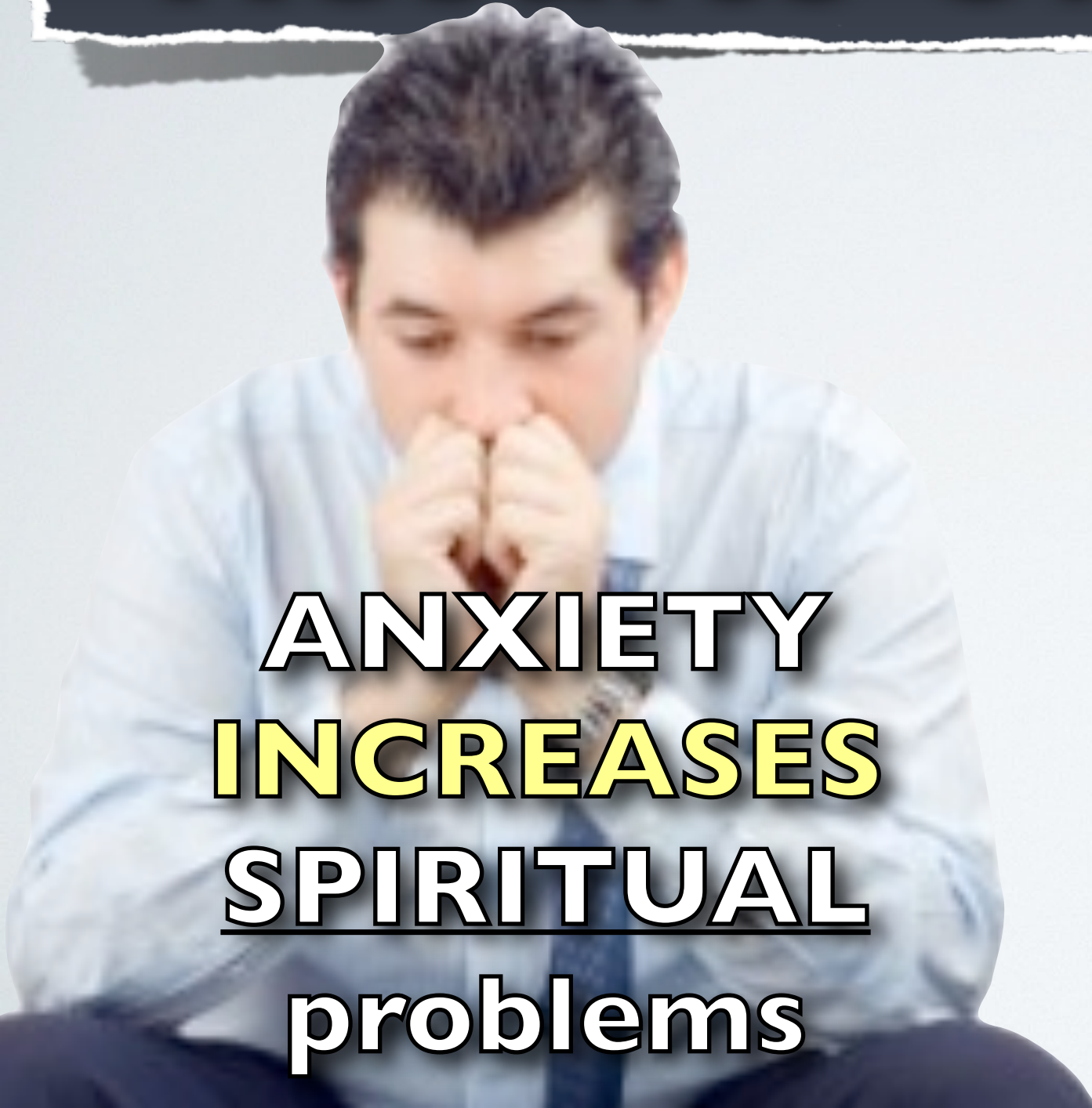
**More Doubt**

**Distraction**

**Anger / Bitterness**

**No Joy / No Peace**

**Hopelessness**



**ANXIETY  
INCREASES  
SPIRITUAL  
problems**

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# **CURE** For Anxiety



**Psalm 56:3–4 (NKJV)**

<sup>3</sup> Whenever I am afraid,  
I will trust in You. <sup>4</sup> In  
God (I will praise His  
word), In God I have  
put my trust; I will not  
fear. What can flesh do  
to me?

## Matthew 6:19–34 (NKJV)

<sup>19</sup> “Do not lay up for yourselves treasures on earth, where moth and rust destroy and where thieves break in and steal; <sup>20</sup> but lay up for yourselves treasures in heaven, where neither moth nor rust destroys and where thieves do not break in and steal. <sup>21</sup> For where your treasure is, there your heart will be also. <sup>22</sup> “The lamp of the body is the eye. If therefore your eye is good, your whole body will be full of light. <sup>23</sup> But if your eye is bad, your whole body will be full of darkness. If therefore the light that is in you is darkness, how great *is* that darkness! <sup>24</sup> “No one can serve two masters; for either he will hate the one and love the other, or else he will be loyal to the one and despise the other. You cannot serve God and mammon.

**Matthew 6:19–34 (NKJV)**

<sup>25</sup> “Therefore I say to you, do not worry about your life, what you will eat or what you will drink; nor about your body, what you will put on. Is not life more than food and the body more than clothing? <sup>26</sup> Look at the birds of the air, for they neither sow nor reap nor gather into barns; yet your heavenly Father feeds them. Are you not of more value than they?

**Matthew 6:19–34 (NKJV)**

<sup>27</sup> Which of you by worrying can add one cubit to his stature? <sup>28</sup> “So why do you worry about clothing? Consider the lilies of the field, how they grow: they neither toil nor spin; <sup>29</sup> and yet I say to you that even Solomon in all his glory was not arrayed like one of these. <sup>30</sup> Now if God so clothes the grass of the field, which today is, and tomorrow is thrown into the oven, *will He* not much more *clothe* you, O you of little faith?

## Matthew 6:19–34 (NKJV)

<sup>31</sup> “Therefore do not worry, saying, ‘What shall we eat?’ or ‘What shall we drink?’ or ‘What shall we wear?’ <sup>32</sup> For after all these things the Gentiles seek. For your heavenly Father knows that you need all these things. <sup>33</sup> But seek first the kingdom of God and His righteousness, and all these things shall be added to you. <sup>34</sup> Therefore do not worry about tomorrow, for tomorrow will worry about its own things. Sufficient for the day *is* its own trouble.

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Matthew 6:19-24

**Where Is Our Heart, Focus & Loyalty?**

*Are Our Priorities On Things That Will Last!!*

**Temporary**

Possessions?

Pleasure?

Glory?

Self Interest?

Other People?



**Eternal**

Possessions?

Pleasure?

Glory?

Self Interest?

Other People?

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# The Worldliness of Worry

If we **prioritize, focus** on, and **pursue** things of the world we will **DESTROY** our **FAITH!**  
— **Mat. 13:20-22**

- Materialistic - 19-21
- Blinded - 22,23
- Fruitless - 24
- Anxious – 25-34



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# The Worldliness of Worry

- An unbelieving, (divided) heart produces doubt, guilt, fear & anxiety!
- An unbelieving heart leaves one unequipped and unable to face the problems of life with confidence, contentment, hope and peace.



**Produced By  
Materialistic  
Priorities**

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## To DEFINE:

■ Jesus is **NOT** demanding:

- ▶ We ignore problems.
- ▶ Material things have no meaning, part or purpose in our lives.

■ Jesus is **NOT** forbidding:

- ▶ Legitimate concerns.
- ▶ Thoughtful planning.
- ▶ Effort to make things better.



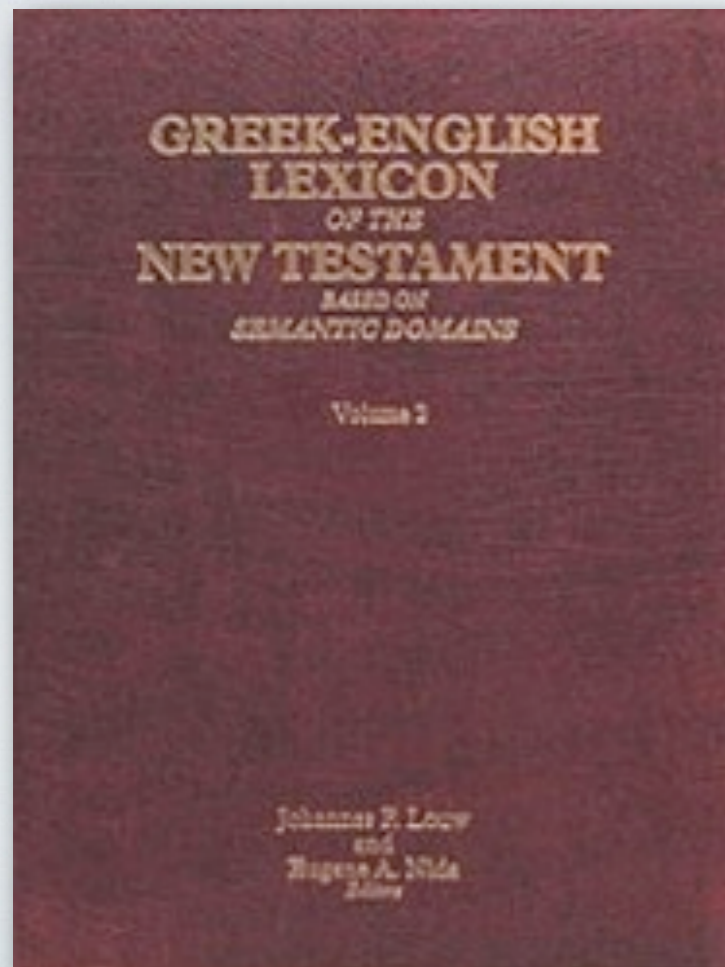
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## To DEFINE:

**25.225 μεριμνάω:** (derivative of μέριμνα ‘worry,’ 25.224) to have an anxious concern, based on apprehension about possible danger or misfortune —‘to be worried about, to be anxious about.’ τίς δὲ ἐξ ὑμῶν μεριμνῶν δύναται ἐπὶ τὴν ἡλικίαν αὐτοῦ προσθεῖναι πῆχυν; ‘can any of you live a bit longer by worrying about it?’ Lk 12:25; ...

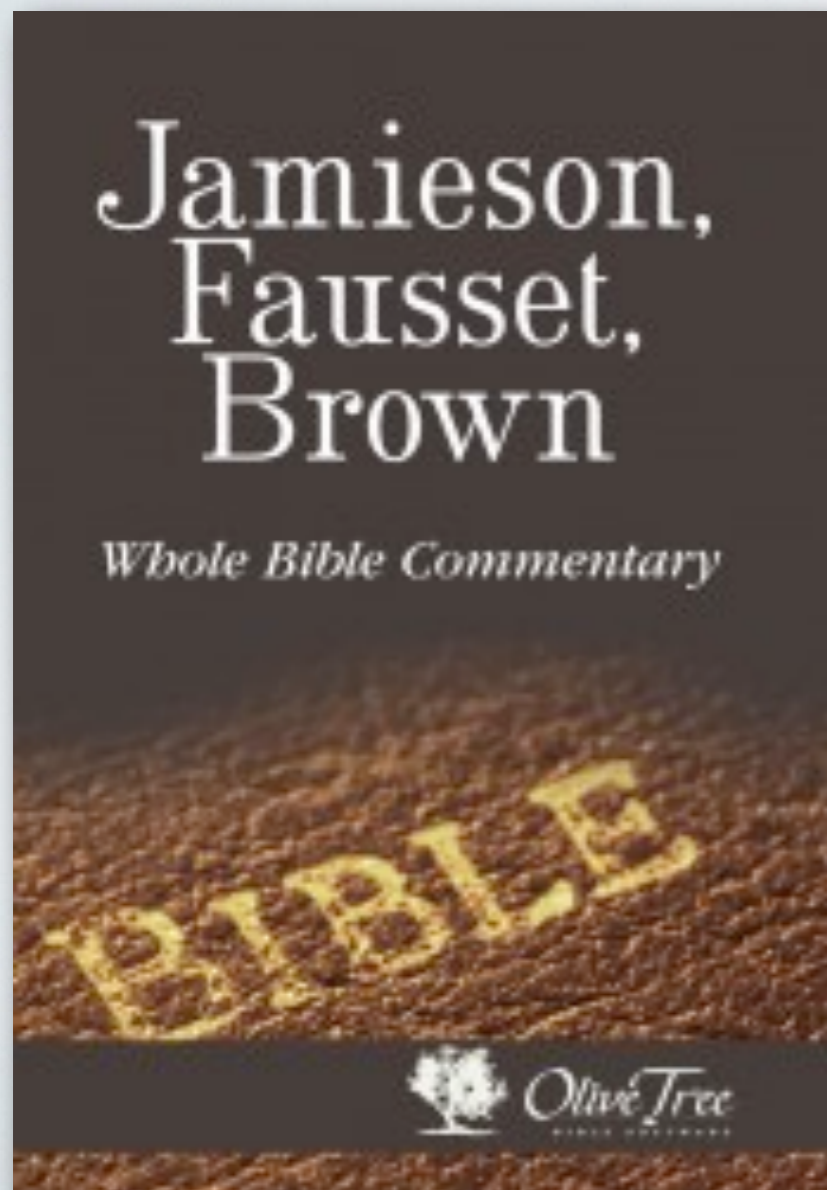
***Louw Nida 25.225***



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## To DEFINE:



“It is that anxious solicitude, that oppressive care, which springs from unbelieving doubts and misgivings, which alone is here condemned.”

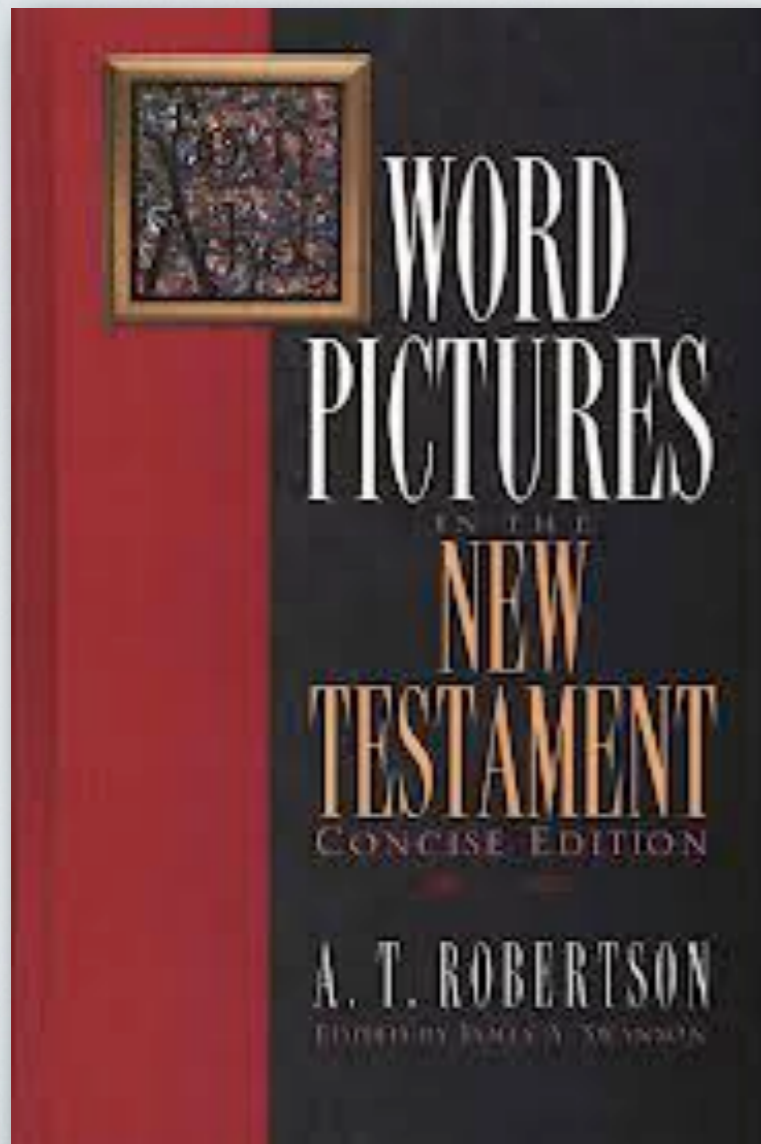
**Jamieson, R., Fausset, A. R., & Brown, D. (1997).**  
*Commentary Critical and Explanatory on the Whole Bible.* Oak Harbor, WA: Logos Research Systems, Inc.

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## To DEFINE:

**Be not anxious for your life** (μη μεριμνατε τη ψυχη υμων [*mē merimnate tēi psuchēi hūmōn*]) . . . The verb μεριμναω [*merimnaō*] is from μερις, μεριζω [*meris, merizō*], because care or anxiety distracts and divides. It occurs in Christ's rebuke to Martha for her excessive solicitude about something to eat (Luke 10:41).



**Robertson, A. (1933). *Word Pictures in the New Testament*. Nashville, TN: Broadman Press.**

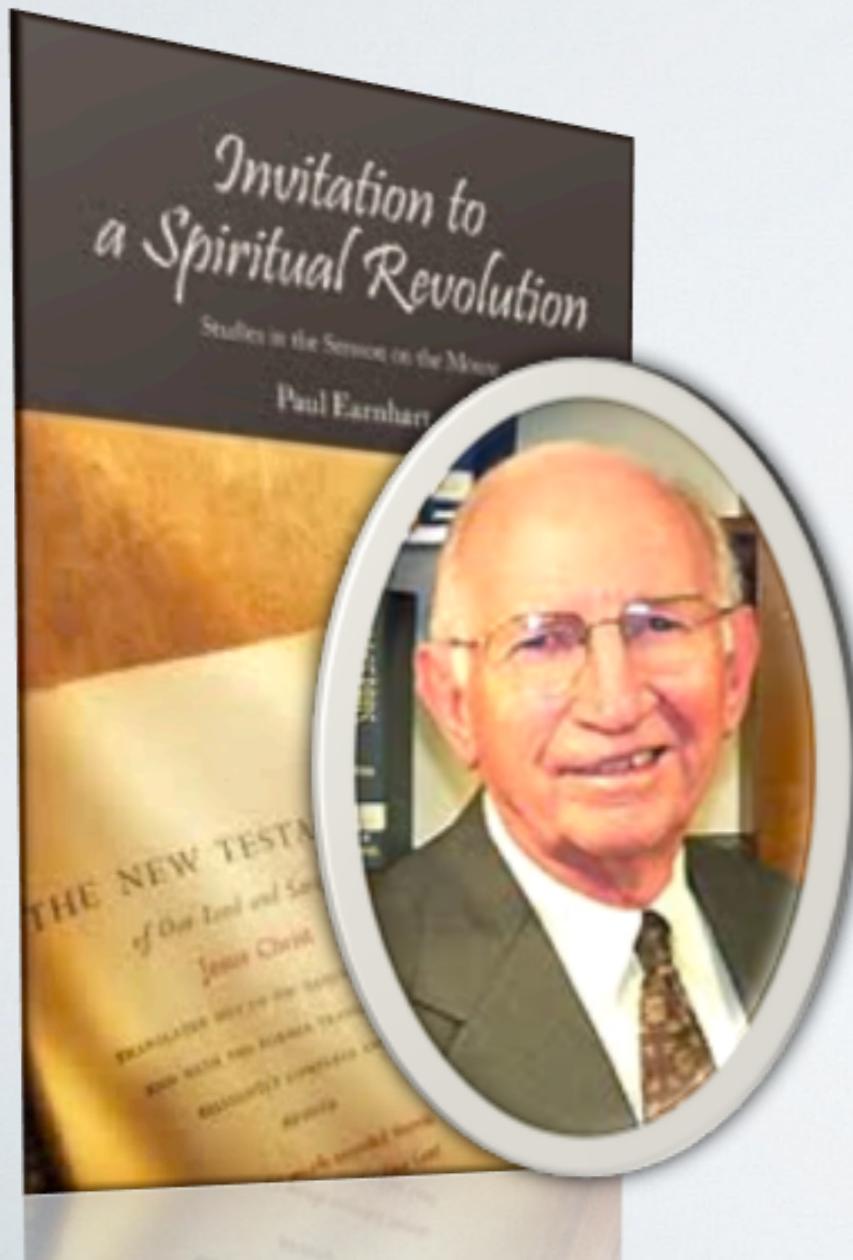
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**To DEFINE:**

“Our fears, as affectively as our passions, have been allowed to consume our energies, dominate our lives, and steal away our hearts.”

**[Paul Earnheart, “Invitation to A Spiritual Revolution” 106]**



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## To DEFINE:



**Matthew 13:22 (NKJV)**

<sup>22</sup> Now he who received seed among the thorns is he who hears the word, and the cares of this world and the deceitfulness of riches choke the word, and he becomes unfruitful.

## "Do not worry about your life" (25)

### Matthew 6:25 (NKJV)

<sup>25</sup> "Therefore I say to you, do not worry about your life, what you will eat or what you will drink; nor about your body, what you will put on. Is not life more than food and the body more than clothing?"

- **"Therefore"** -A connection between materialism and anxiety - cf. Luke 12:13-31 – (*After the parable of the rich fool - Jesus taught on worry*)
- Anxiety reflects a lack of confidence in God! (Heb 13:5,6; Rom 8:28-38; 1 Pet 5:6,7; Phil 4:6-13)

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### Hebrews 13:5–6 (NKJV)

<sup>5</sup> Let your conduct *be* without covetousness; *be* content with such things as you have. For He Himself has said, “*I will never leave you nor forsake you.*” <sup>6</sup> So we may boldly say: “*The Lord is my helper; I will not fear. What can man do to me?*”

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## **"Do not worry about your life" (25)**

**Matthew 6:25 (NKJV)**

<sup>25</sup> “Therefore I say to you, do not worry about your life, what you will eat or what you will drink; nor about your body, what you will put on. Is not life more than food and the body more than clothing?”

**Romans 8:28**

**(NKJV)**

<sup>28</sup> And we know that all things work together for good to those who love God, to those who are the called according to *His* purpose.

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<sup>25</sup> "Therefore I say to you, do not worry about your life, what you will eat or what you will drink; nor about your body, what you will put on. Is not life more than food and the body more than clothing?"

### ■ Romans 8:28-38

- ▶ Certainty of those justified being glorified (29-30).
- ▶ If God is for us, who can be against us? (31)
- ▶ God loved us and gave us His Son that we may have eternal life (32-34).
- ▶ Nothing can separate us from God's love (35-39).
- ▶ NOT EVEN DEATH (36,38).

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**1 Peter 5:6–7 (NKJV)**

<sup>6</sup> Therefore humble yourselves under the mighty hand of God, that He may exalt you in due time, <sup>7</sup> casting all your care upon Him, for He cares for you.

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### **Matthew 6:25 (NKJV)**

<sup>25</sup> “Therefore I say to you, do not worry about your life, what you will eat or what you will drink; nor about your body, what you will put on. Is not life more than food and the body more than clothing?”

### **Philippians 4:6–7 (NKJV)**

<sup>6</sup> Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; <sup>7</sup> and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus.

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## **"Do not worry about your life" (25)**

**Matthew 6:25 (NKJV)**

<sup>25</sup> “Therefore I say to you, do not worry about your life, what you will eat or what you will drink; nor about your body, what you will put on. Is not life more than food and the body more than clothing?”

■ **Jesus repeated this command three times - Verses 25,31,34**

■ **Don't worry about:**

▶ Food / drink - 25,31

▶ Clothing - 25,31

▶ Tomorrow - 34

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## **"Do not worry about your life" (25)**

**Matthew 6:26 (NKJV)**

**26** Look at the birds of the air, for they neither sow nor reap nor gather into barns; yet your heavenly Father feeds them. Are you not of more value than they?

 **"Look at the birds of the air . . ." - 26**

- ▶ An example of God's ability and willingness to provide through His providential workings in nature,
- ▶ You are more valuable than birds!

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## **"Do not worry about your life" (25)**

**Matthew 6:27  
(NKJV)**

**27 Which of you  
by worrying can  
add one cubit to  
his stature?**

■ **"Which of you by  
worrying can . . . ?" - 27**

- ▶ Illustrating The Helplessness Of Man (27)
- ▶ Shows the absolute absurdity and futility of being fretful over things we have NO POWER TO CHANGE – Eccle. 1:15

**"Do not worry about your life" (25)**

**Matthew 6:27  
(NKJV)**

**27 Which of you  
by worrying can  
add one cubit to  
his stature?**

- **"Which of you by worrying can . . . ?" - 27**
- ▶ undo the past?
  - ▶ determine future events?
  - ▶ change the weather?
  - ▶ change another's will?
  - ▶ make healthy what is sick?
  - ▶ stop aging?
  - ▶ stop the spread of a virus?

## **"Do not worry about your life" (25)**

### **Matthew 6:28–29 (NKJV)**

<sup>28</sup> “So why do you worry about clothing? Consider the lilies of the field, how they grow: they neither toil nor spin; <sup>29</sup> and yet I say to you that even Solomon in all his glory was not arrayed like one of these.

### **"Consider the lilies of the field, how they grow" - 28,29**

- ▶ Again, an Argument For Confidence In The Providential Care Of God
- ▶ "How They Grow..."?
- ▶ "Will He Not Much More Clothe You?" - (Is He not able? Is He not willing?)

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## "Do not worry about your life" (25)

### Matthew 6:30 (NKJV)

<sup>30</sup> Now if God so clothes the grass of the field, which today is, and tomorrow is thrown into the oven, *will He* not much more *clothe* you, O you of little faith?

### ■ "O You Of Little Faith?" (30)

- ▶ More than just a vague principle - faith **MUST** be an active, practical force which affects the whole life – Mat 8:23-27
- ▶ Faith enables us to see beyond the problem or threat - 2 Cor. 4:8-5:1

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### Matthew 6:30 (NKJV)

<sup>30</sup> Now if God so clothes the grass of the field, which today is, and tomorrow is thrown into the oven, *will He* not much more *clothe* you, O you of little faith?

### Matthew 6:31 (NKJV)

<sup>31</sup> “Therefore do not worry, saying, ‘What shall we eat?’ or ‘What shall we drink?’ or ‘What shall we wear?’

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## "Do not worry about your life" (25)

Matthew 6:32  
(NKJV)

<sup>32</sup> For after all these things the Gentiles seek. For your heavenly Father knows that you need all these things.

■ "For after all these things the Gentiles seek" - 32

- ▶ Don't Worry About Food And Clothing (31-32)
- ▶ People without God (the Gentiles) naturally worry about these things - **WORRY** fits their world view –  
*"having no hope and without God in the world"* - (Ep. 2:12)

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## "Do not worry about your life" (25)

### Matthew 6:32 (NKJV)

<sup>32</sup> For after all these things the Gentiles seek. For your heavenly Father knows that you need all these things.

- A Faith problem – Do we not have enough faith in **OUR GOD** to provide –
  - ▶ **Comfort** in time of suffering?
  - ▶ **Encouragement** in the face of trials?
  - ▶ **Support** despite the circumstances?
  - ▶ **Hope** in the midst of despair?

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**"Do not worry about your life" (25)**



Externals lose  
their power over  
us when we,  
through the eyes  
of faith, focus  
upon the things  
of God!

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## How To Overcome Worry - 33

Matthew 6:33  
(NKJV)

33 But seek first the kingdom of God and His righteousness, and all these things shall be added to you.

■ “Seek First The Kingdom Of God And His Righteousness” (33)

- ▶ Only when the things of God truly become the most important things to us will we enjoy the true treasures and blessings of life! - Eccl. 12:13
- ▶ If we seek the **material first** we will lose both it and eternity – Luke 18:18-23

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## How To Overcome Worry - 33



### Philippians 4:8–13 (NKJV)

<sup>8</sup> Finally, brethren, whatever things are true, whatever things *are* noble, whatever things *are* just, whatever things *are* pure, whatever things *are* lovely, whatever things *are* of good report, if *there is* any virtue and if *there is* anything praiseworthy—meditate on these things.

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## How To Overcome Worry - 33



### **Philippians 4:8–13 (NKJV)**

<sup>9</sup> The things which you learned and received and heard and saw in me, these do, and the God of peace will be with you. ... <sup>11</sup> Not that I speak in regard to need, for I have learned in whatever state I am, to be content: <sup>12</sup> I know how to be abased, and I know how to abound.

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## How To Overcome Worry - 33



**Philippians 4:8–13 (NKJV)**

Everywhere and in all things I have learned both to be full and to be hungry, both to abound and to suffer need. <sup>13</sup> I can do all things through Christ who strengthens me.

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# How To Overcome Worry - 33



## Philippians 4:6–13

**PRAY (6)**

**BE THANKFUL (6)**

**SEEK GOD'S WILL (6)**

**DO RIGHT (7)**

**THINK RIGHT (8)**

**LEARN TO TRUST (9-13)**

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## Don't Worry About Tomorrow (34)

**Matthew 6:34  
(NKJV)**

**34** Therefore do not worry about tomorrow, for tomorrow will worry about its own things. Sufficient for the day is its own trouble.

- **Today has enough trouble with which to concern yourself (34)**
  - ▶ Let **tomorrow** take care of itself by trusting in God! – (James 4:13-17)
  - ▶ Live **today** for the Lord regardless of our circumstances (Heb 3:7-15; 4:6-9).

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**DO NOT WORRY ABOUT YOUR LIFE ...**



**PLEASE - do not  
allow the  
concerns of  
today or  
tomorrow rob  
you of your  
eternal glory!**

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**DO NOT WORRY ABOUT YOUR LIFE ...**



**TODAY - Let us  
ALL Be MOST  
Concerned About  
& Focused On  
ETERNITY!!**

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**WILL YOU ACCEPT THE LORD'S INVITATION?**

**Matthew 11:28–30 (NKJV)**

<sup>28</sup> Come to Me, all *you* who labor and are heavy laden, and I will give you rest. <sup>29</sup> Take My yoke upon you and learn from Me, for I am gentle and lowly in heart, and you will find rest for your souls. <sup>30</sup>

For My yoke *is* easy and My burden is light.”



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**Will you forfeit the eternal for the temporary?**

**Matthew 16:24–27 (NKJV)**

<sup>24</sup> Then Jesus said to His disciples, “If anyone desires to come after Me, let him deny himself, and take up his cross, and follow Me. <sup>25</sup> For whoever desires to save his life will lose it, but whoever loses his life for My sake will find it. <sup>26</sup> For what profit is it to a man if he gains the whole world, and loses his own soul? Or what will a man give in exchange for his soul? <sup>27</sup> For the Son of Man will come in the glory of His Father with His angels, and then He will reward each according to his works.





*"Don't Worry About Tomorrow"*

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FEAR & ANXIETY

**Charts by Don McClain / Preached March 15, 2020 AM**

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# CORONAVIRUS

MGN

the prophet Jeremiah saying, "And they took the thirty pieces of silver, the price of him on whom a price had been set by some of the sons of Israel, and they gave them for the potter's field, as the Lord directed me."

**Jesus Before Pilate**

Now Jesus stood before the governor, and the governor asked him, "Art thou the King of the Jews?" Jesus said, "Yes, have I said so?" But he said, "I have said nothing to thee."

**Jesus Is Mocked**

Then the governor's soldiers took Jesus into the governor's headquarters and they gathered the whole battalion before him. And they stripped him and put a scarlet robe on him, and twisting together a crown of thorns, they put it on his head and put a reed in his right hand. And kneeling before him, they mocked him, saying, "Hail, King of the Jews!" And they spit on him and took the robe and struck him on the head. And when they had mocked him, they stripped him of the robe and put his own clothes on him and led him away to crucify him.

**The Crucifixion**

As they went out, they found a man of Cyrene, whose name was Simon, and they compelled him to carry the cross for them.

**The Resurrection**

28

Now after the Sabbath, toward the dawn of the first day of the week, Mary Magdalene and the other Mary went to see the tomb. And behold, there was a great earthquake, for an angel of the Lord descended from heaven and came and rolled back the stone and sat on it. His appearance was like lightning, and his clothing was like snow. And for fear of him the guards trembled and became like dead men. But the angel said to the women, "Do not be afraid, for I know that you seek Jesus who was crucified. He is not here, for he has risen, as he said. Come, see the place where he lay. Then go quickly and tell his disciples that he is going before you to Galilee; there you will see him. See, I have told you." So they departed quickly from the tomb with fear and great joy and ran to tell his disciples. And behold, Jesus came up and took hold of his feet and worshiped him. Then Jesus said to them, "Do not be afraid, go and tell my brothers to go to Galilee, and there they will see him, as he said."



# *The Peace* **OF GOD**

## HOW CAN I HAVE PEACE?

**With God**

- \* Hear Him, Believe Him, & Obey Him - Acts 2:38; 1 Pet 3:21

**With Others**

- \* Ist - be reconciled to God - then "pursue" peace with others - 1 Pe 3:8-12

**With Self**

- \* Walk in the Spirit - Rom. 8:1; Gal. 5:16

# PHILIPPIANS 4:6-11 (NKJV)

<sup>6</sup> Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; <sup>7</sup> and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus.



# PHILIPPIANS 4:6-11 (NKJV)

<sup>8</sup> Finally, brethren, whatever things are true, whatever things *are* noble, whatever things *are* just, whatever things *are* pure, whatever things *are* lovely, whatever things *are* of good report, if *there is* any virtue and if *there is* anything praiseworthy—meditate on these things.



# PHILIPPIANS 4:6-11 (NKJV)

<sup>9</sup> The things which you learned and received and heard and saw in me, these do, and the God of peace will be with you. <sup>10</sup> But I rejoiced in the Lord greatly that now at last your care for me has flourished again; though you surely did care, but you lacked opportunity. <sup>11</sup> Not that I speak in regard to need, for I have learned in whatever state I am, to be content:

