

Series: Spring Cleaning

Title: Getting Rid Of Worry



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“Therefore I tell you, stop being **worried** or anxious (perpetually uneasy, distracted) about your life, as to what you will eat or what you will drink; nor about your body, as to what you will wear. Is life not more than food, and the body more than clothing? Look at the birds of the air; they neither sow [seed] nor reap [the harvest] nor gather [the crops] into barns, and yet your heavenly Father keeps feeding them. Are you not worth much more than they? **And who of you by worrying can add one hour to [the length of] his life? And why are you worried about clothes?** See how the lilies and wildflowers of the field grow; they do not labor nor do they spin [wool to make clothing], yet I say to you that not even Solomon in all his glory and splendor dressed himself like one of these. But if God so clothes the grass of the field, which is alive and green today and tomorrow is [cut and] thrown [as fuel] into the furnace, will He not much more clothe you?

You of little faith! **Therefore do not worry or be anxious (perpetually uneasy, distracted), saying, ‘What are we going to eat?’ or ‘What are we going to drink?’ or ‘What are we going to wear?’** For the [pagan] Gentiles eagerly seek all these things; [but do not worry,] for your heavenly Father knows that you need them. **But first and most importantly seek (aim at, strive after) His kingdom and His righteousness [His way of doing and being right—the attitude and character of God], and all these things will be given to you also. “So do not worry about tomorrow; for tomorrow will worry about itself. Each day has enough trouble of its own.”**

(Matthew 6:34 AMP)

<https://bible.com/bible/1588/mat.6.34.AMP>

“If you decide for God, living a life of God-worship, it follows that you don’t fuss about what’s on the table at mealtimes or whether the clothes in your closet are in fashion. There is far more to your life than the food you put in your stomach, more to your outer appearance than the clothes you hang on your body. Look at the birds, free and unfettered, not tied down to a job description, careless in the care of God. And you count far more to him than birds. “Has anyone by fussing in front of the mirror ever gotten taller by so much as an inch? All this time and money wasted on fashion—do you think it makes that much difference? Instead of looking at the fashions, walk out into the fields and look at the wildflowers. They never primp or shop, but have you ever seen color and design quite like it? The ten best-dressed men and women in the country look shabby alongside them. “If God gives such attention to the appearance of wildflowers—most of which are never even seen—don’t you think he’ll attend to you, take pride in you, do his best for you? What I’m trying to do here is to get you to relax, to not be so preoccupied with getting, so you can respond to God’s giving. People who don’t know God and the way he works fuss over these things, but you know both God and how he works. Steep your life in God-reality, God-initiative, God-provisions. Don’t worry about missing out. You’ll find all your everyday human concerns will be met. “Give your entire attention to what God is doing right now, and don’t get worked up about what may or may not happen tomorrow. God will help you deal with whatever hard things come up when the time comes.”

(Matthew 6:25-34 MSG)

<https://bible.com/bible/97/mat.6.25-34.MSG>

40% of our worries never happen

30% of our worries concern the past

12% of our worries are needless worries about your health

10% of our worries are insignificant or petty concerns

8% of our worries are legitimate concerns

What are some things that Jesus said we shouldn't be worried about?

Finances

Fitness

Fashion

Food

The Future

I.

“Look at the birds of the air; they neither sow [seed] nor reap [the harvest] nor gather [the crops] into barns, and yet your heavenly Father keeps feeding them. Are you not worth much more than they? And who of you by worrying can add one hour to [the length of] his life? And why are you worried about clothes? See how the lilies and wildflowers of the field grow; they do not labor nor do they spin [wool to make clothing], yet I say to you that not even Solomon in all his glory and splendor dressed himself like one of these. But if God so clothes the grass of the field, which is alive and green today and tomorrow is [cut and] thrown [as fuel] into the furnace, will He not much more clothe you? You of little faith!”

(Matthew 6:26-30 AMP)

<https://bible.com/bible/1588/mat.6.26-30.AMP>

“Are not two little sparrows sold for a copper coin? And yet not one of them falls to the ground apart from your Father’s will. But even the very hairs of your head are all numbered [for the Father is sovereign and has complete knowledge]. So do not fear; you are more valuable than many sparrows.”

(Matthew 10:29-31 AMP)

A. His Care

B. His Concern

II.

“For the [pagan] Gentiles eagerly seek all these things; [but do not worry,] for your heavenly Father knows that you need them.”

(Matthew 6:32 AMP)

<https://bible.com/bible/1588/mat.6.32.AMP>

III.

“But first and most importantly seek (aim at, strive after) His kingdom and His righteousness [His way of doing and being right—the attitude and character of God], and all these things will be given to you also. “So do not worry about tomorrow; for tomorrow will worry about itself. Each day has enough trouble of its own.”

(Matthew 6:33-34 AMP)

<https://bible.com/bible/1588/mat.6.33-34.AMP>

IV.

“Do not be anxious or worried about anything, but in everything [every circumstance and situation] by prayer and petition with thanksgiving, continue to make your [specific] requests known to God. And the peace of God [that peace which reassures the heart, that peace] which transcends all understanding, [that peace which] stands guard over your hearts and your minds in Christ Jesus [is yours]. Finally, **believers,** whatever is true, whatever is honorable and worthy of respect, whatever is right and confirmed by God’s word, whatever is pure and wholesome, whatever is lovely and brings peace, whatever is admirable and of good repute; if there is any excellence, if there is anything worthy of praise, think continually on these things [center your mind on them, and implant them in your heart].”

(Philippians 4:6-8 AMP)

<https://bible.com/bible/1588/php.4.6-8.AMP>

Answer Key:

I. Remember Your Heavenly Father, The Way Maker

II. Refuse To Be Like The World

III. Resolve To Do Life His Way

IV. Rely On The Word

What is the Holy Spirit saying to me through this message?
