**SERMON OUTLINE**

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| **SERMON TITLE:** | How to Win in the War with Worry |
| **SERMON REFERENCE:** | Matthew 6:25-34 |
| **LWF SERMON NUMBER:** | #1701 |
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1. INTRODUCTION
   1. Do you ever worry?
      1. We all do, but we should not worry.
   2. To worry is a sin.
      1. It is not just a weakness but a wickedness.
   3. Matthew 6:25-34
   4. Worry is a serious problem.
      1. The ignorant worry because they don’t know enough.
      2. The smart worry because they know too much.
      3. The rich worry because they are afraid of losing what they have.
      4. The poor worry because they don’t have anything.
      5. The old worry because they are facing death.
      6. The young worry because they are facing an uncertain future.
         1. It doesn’t matter who we are or what category we are in.
            1. We can find something to worry about.
   5. Matthew 6:25
      1. The word for “thought’ here is a word that may be translated “worry”.
         1. It is a root word which means “to divide”.
   6. Worry divides our minds.
      1. It distracts and divides.
      2. James 1:8
         1. There is nothing more destabilizing than worry.
   7. When the Lord says to take no thought, He is not talking about not planning ahead or having a flippant, happy-go-lucky attitude that does not provide for tomorrow.
      1. The Bible uses as an example the ant that provides her meat in the summertime for the winter.
         1. Proverbs 6:6-8
      2. The Bible teaches that we should remember the law of sowing and reaping.
      3. It is not foresight but foreboding that is forbidden.
   8. In today’s message, we will look at three basic things to help us win the war with worry.
2. the cause of worry (matthew 6:25-29, 34)
   1. People worry about food.
      1. How will we get enough to eat?
      2. Matthew 6:25-26
         1. In this passage, “meat” means “food”.
         2. If Almighty God takes care of the birds, and we are so much better than a bird, then isn’t He going to take care of you?
            1. What farmer would feed his chickens and starve his beloved children?
         3. He is not telling us that we should not work for food.
            1. God feeds the birds, but He doesn’t throw it in the nest.

The birds must work.

* + - * 1. The Lord is saying not to worry.
  1. We worry about fashion.
     1. Matthew 6:25, 28-29
        1. In this passage, “raiment” means “clothing”.
        2. Solomon was the most opulent king that we can imagine.
        3. Flowers fade, then they are cast into the ovens.
           1. The women of this day would heat their ovens with the straw of the field.
     2. If God takes such care of fading flowers, then are you not worth so much more?
  2. We worry about fitness.
     1. Matthew 6:27
        1. The word “stature” here is translated by many as “lifespan”.
           1. Worry cannot lengthen your life.
        2. This is not saying that we should not take care of ourselves.
           1. We should exercise, eat nutritional food, and get proper sleep.
        3. He is saying that worry will not lengthen your life.
     2. You can worry yourself to death, but you can’t worry yourself to a longer life.
  3. We worry about the future.
     1. Matthew 6:34
     2. It is not foresight but foreboding that the Lord says that we are not to do.
        1. We are not to reach out into tomorrow and borrow trouble.
     3. A study has been done about what the average person worries about.
        1. Forty percent of the things people worry about never happen at all.
        2. Thirty percent of what people worry about has already happened, and you cannot do anything about it.
        3. Twelve percent is in the area of criticism; what people say about you.
           1. And most of that is untrue.
        4. Ten percent deals with your health, and worrying would only make that worse.
        5. Only eight percent of the things people worry about are considered to be real problems.
           1. And even this worry will not do any good.
     4. Most of the things we worry about never happen.
        1. Worry is a futile thing.
  4. Worry is not like a thunderstorm with the rain, thunder, and lightning.
     1. In a storm, you can put up an umbrella.
     2. You can go inside and wait for the storm to blow over.
     3. We all have storms, and we have to deal with them.
  5. Worry is like a fog.
     1. It permeates all of our life.

1. the cost of worry (matthew 6:27, 30-32)
   1. Worry is absolutely useless.
      1. Matthew 6:27
      2. Worry doesn’t do any good.
      3. It has been said that there are two categories of things we should never worry about:
         1. Those things that we can do something about.
            1. If we can do something about it, then don’t worry.

Do something about it.

* + - 1. Those things we cannot do anything about.
         1. If we can’t do anything about it, then worrying only makes the matter worse.
    1. Worry never dried a tear.
    2. Worry never lifted a burden.
    3. Worry never solved a problem.
  1. Worry is harmful.
     1. It is harmful to us.
        1. There are few forms of dissipation that will do more damage to us physically, emotionally, and spiritually than worry.
        2. Worry will do the same thing to us that sand will do to machinery.
        3. It’s not the big things that get most of us; it’s the little things.
        4. Worry is harmful to ourselves in every area.
     2. Worry is harmful to other people.
        1. There are people that when they walk into a room, it seems like someone turned off the lights.
           1. They brighten up the room when they leave it.
        2. Not only do they worry themselves, but worry is also contagious.
           1. They spread gloom and worry everywhere.
  2. Worry is a wound in the heart of God.
     1. Matthew 6:30
     2. Worry is an insult to God.
        1. Worry says that Romans 8:28 is a lie.
     3. Matthew 6:31-32
        1. “Gentiles” in verse 32 refer to the people of the world who don’t know Jesus.
           1. When we worry, we are living like an unbeliever.
     4. Worry is faithless.
     5. When we worry, we are thinking like the world thinks.
        1. We are not thinking like someone who has a heavenly Father.
     6. Worry is an insult to the providence of God.

1. the cure for worry (matthew 6:29-34)
   1. The Father factor:
      1. Trust in the Lord.
      2. Matthew 6:32
      3. There is not a need in our lives but what someone, who loves us so incredibly much that He gave His dear Son (the Lord Jesus) to die for us, knows all about it.
      4. We have a heavenly Father.
      5. Matthew 10:29
         1. He doesn’t say that a sparrow won’t fall or that we will not have trouble, but God is right here.
         2. He attends the funeral of every sparrow.
      6. Matthew 10:30
         1. God knows things about you that you don’t know about you.
         2. We think He doesn’t understand, but we don’t understand how much He does understand.
         3. The very hairs of your head are numbered.
      7. Matthew 10:31
         1. Are you not worth more than a sparrow?
      8. God is in control.
      9. We have a Father in Heaven who knows, cares, and loves us.
   2. The focus factor:
      1. A person who worries is a person whose mind is out of focus.
         1. He is double-minded.
      2. We need to get our focus back.
         1. Matthew 6:33
         2. Just seek God first.
      3. Many of us try to put things first and God second.
         1. We don’t exclude God, but we kind of add God in.
      4. For many people, living the Christian life is doing the best we can with God’s help.
         1. But that isn’t the Christian life.
      5. Our Lord doesn’t want a place in our lives.
         1. He doesn’t want prominence in our lives.
         2. He demands and deserves preeminence.
            1. Matthew 6:33
      6. Take care of His business, and He will take care of yours.
         1. God is more than able to take care of the things in your life.
   3. The future factor:
      1. Matthew 6:34
      2. When we take thought and worry about tomorrow, we borrow trouble.
         1. That’s what worry is.
         2. Worry is the interest we pay on borrowed trouble.
      3. God has arranged our lives with a perfect ecology.
         1. God engineers our problems.
            1. He gives us problems because He loves us.

We would not come to God and trust Him if we didn’t have problems.

In the Garden of Eden, God said to Adam, “Cursed is the ground for your sake.”

Genesis 3:17

He didn’t say, “For your punishment.”

But He said, “For your sake.”

* + - * 1. Trouble reminds us that we live in a sinful world.
        2. Trouble tells us that we must come to God.
        3. God gives us every day some evil.

Matthew 6:34

In this verse, the word “evil” doesn’t mean “sin”.

It means “problems” or “difficulties”.

God gives us “sufficient evil” to cause us to depend upon Him.

* + - 1. With the sufficient trouble, God gives us sufficient grace.
         1. God gives us grace for today, not for tomorrow.
         2. If we begin to reach out into tomorrow and pull tomorrow’s clouds over today’s sunshine, then we upset that ecology.

The Bible says that as your days are, so shall your strength be.

Deuteronomy 33:25

God didn’t give us strength for tomorrow.

* + 1. If we fail to understand the future factor, and we reach out and drag the future into today, then it does the following:
       1. It buries blessings.
          1. God has not only given every one of us today some difficulty, but God has also given every one of us today some great blessings.

The danger is that we get the ecology out of balance.

We don’t see the blessings of today.

* + - * 1. There are plenty of blessings, if we will just look around and not let worrying about the future blind them to us or us to them.
        2. We fail to appreciate what we do have when we worry about what we don’t have.
      1. It steals strength.
         1. Worry is not just useless; worry is harmful.
         2. Not only does worry take the joy out of today, but it also takes the strength out of tomorrow.

When we do get to tomorrow, we get to tomorrow out of breath.

Because we have been carrying a double load today; a load that God didn’t intend for us to carry.

* + - * 1. Psalm 103:14

The God who designed us knows how much we can bear.

Deuteronomy 33:25

God will not give us a burden that we cannot bear, if we will use the strength that God has given us.

But what we do is overload today with tomorrow’s problems.

Therefore, it breaks us down.

* + - * 1. Matthew 6:34
      1. It produces problems.
         1. The thing we worry about may happen just because we worry about it.

Job 3:25

* 1. Matthew 6:34
     1. Don’t let worry bury blessings.
     2. Don’t let worry steal strength.
     3. Don’t let worry produce problems.
  2. Live today.
     1. Psalm 118:24

1. CONCLUSION
   1. To win the war on worry, we must recognize the following:
      1. The cause of worry.
      2. The cost of worry.
      3. The cure for worry.
   2. There is the Father factor.
      1. It is very important that you know that God is your heavenly Father.
   3. The only way God can be your Father is for you to be born into His family.
      1. The Bible calls that the new birth.
   4. John 1:11-12
      1. Have you believed on His name?
      2. The word “believe” doesn’t mean just intellectual belief.
         1. It means trust.
            1. If you will trust Christ, then He will save you.
   5. Do you know Jesus personally? If not, you can pray to Him today by asking Him to come into your life.
   6. Call upon Jesus today. Repent (turn) from your sins, and turn to Jesus. Ask Him to forgive you of your sins, and acknowledge Him as Lord of your life.
      1. Romans 3:23
      2. Romans 10:9-10
      3. Romans 10:13
      4. Acts 16:31
      5. John 3:16