

What Would Jesus Do About Worry

Matthew 6

It was probably ten years ago or better that I went to the doctor for some minor thing and since I had never been to this doctor before, he recommended a full blood workup. I think it's called a CBC; complete blood count. It's something you ought to have done periodically. So, he drew some blood and told me he would get the results in a few days or a week and we would then schedule another appointment to go over the results.

Literally that same day, the nurse called me and told me the doctor had gotten the results and wanted to see me first thing the next day. Sure, I can be there. I can be there because obviously I have every disease known to man. I mean, why else would he get the results back so quickly and want to see me so quickly? It's easy to get the results back when you are positive for EVERYTHING! Right?

Well, as you can imagine, I couldn't sleep worth a flip that night. I tossed and turned wondering how many kinds of cancer I had. Probably all of them. Brain cancer, lungs, bone, ovaries, I had it all, I was sure. And I knew I had diabetes. I deserved diabetes. My diet is horrible. But if he tells me to eat fruits and vegetables, I'd rather just die.

So, after a night of virtually no sleep, I stumbled into the doctor's office. And after a few minutes, he came in and looked at the chart. *"Okay, let's see here. Looks like your heart is good. Lungs are good. Blood pressure is really good. Now, if that cholesterol gets any higher, we might have a talk about that but other than that, it looks like you're in good shape. Thanks for coming in."*

Now, what do you think? Was I wrong for punching him in the mouth? It feels like that was probably wrong. No, I didn't punch him. But I wanted to...because he made me worry! He MADE ME worry! 😊 I'm not usually a worrier but how do you keep from it when you think you are eaten up with disease?

Let's turn to the book of Matthew once again as we continue our study of what Jesus would do. So far, we have seen what He would do about temptation and about anger. This week we are going to see what he would do about worry. A man once said, *"Anxiety is a thin stream of fear trickling through the mind. If encouraged, it cuts a channel into which all others thoughts are drained."* (Arthur Somers Roche) Let's read this passage and see how we can keep from encouraging that thin stream of fear.

Jesus said in **Matthew 6:25-34**, *“Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more than food, and the body more than clothes? ²⁶ Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they? ²⁷ Can any one of you by worrying add a single hour to your life?*

²⁸ “And why do you worry about clothes? See how the flowers of the field grow. They do not labor or spin. ²⁹ Yet I tell you that not even Solomon in all his splendor was dressed like one of these. ³⁰ If that is how God clothes the grass of the field, which is here today and tomorrow is thrown into the fire, will he not much more clothe you—you of little faith? ³¹ So do not worry, saying, ‘What shall we eat?’ or ‘What shall we drink?’ or ‘What shall we wear?’ ³² For the pagans run after all these things, and your heavenly Father knows that you need them. ³³ But seek first his kingdom and his righteousness, and all these things will be given to you as well. ³⁴ Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.”

Video clip from Bridge of Spies (“Would it help?”)

Would it help to worry? No, of course not. So, all we have to do is just choose not to worry, right? It’s that easy. Or is it? Sometimes it doesn’t really feel like a choice, does it? Sometimes it just feels like our default setting. We feel like we can’t help but worry. But Jesus makes it sound so easy. Just make the decision not to worry. There ya go.

Well, let’s look back at the beginning of the passage which will actually point us even further back in the Sermon on the Mount. When Jesus starts this section, He says, *“Therefore…”* Well, therefore what? So, we have to keep it all in context. This whole Sermon on the Mount is teaching the people how to live. He has told them that if you get angry, there will be consequences. If you get divorced, there will be consequences. If you love your enemies and give to the needy, there will be benefits. Remember BOOCOD? Benefits of obedience and consequences of disobedience. It was the main theme of Jesus in this sermon. So, he starts this part by saying, *“Therefore, if you are obedient, what do you have to worry about?”*

It can be a little bit difficult for us as Americans to really grasp the importance of what Jesus is telling these people. For them, food and clean water and clothing were hard to come by. They might very well have everything they own on them. And here Jesus is telling them not to worry about it. How many of you have ever said, *“Oh, I can’t go to that party tonight. I don’t have a thing to wear!”*? Well, most of them really didn’t.

Jesus is talking about absolute necessities. We have to have food, water, shelter and clothes. But Jesus wanted those listening and He wants us to have a different perspective on all that. First, we need to realize and embrace the fact that **God owns everything**. He owns it all.

In **verse 25**, Jesus says, *“Is not your life more important than food and clothes?”* He is talking about your whole life, everything. The Greek word is “psuche” and it means the mental, physical, emotional and spiritual aspect of one’s life. And God owns you and your whole “psuche”. He owns the cattle on a thousand hills. He owns the fish in the sea and the dogs running around this church. He owns the clothes on your back and in your closet. He owns the food in your fridge, at the store and the farm they came from. That car you drive? That’s His. The dealership it came from? That’s God’s. And when you are worried, it is a sign of discontentment.

You know, babies sure can be rude sometimes, can’t they? They will wake you up in the middle of the night because they want something to eat. Or they will start crying right in the middle of the good part of a movie needing a diaper change. They don’t care what you are doing or who else is there. They don’t care that everything they could ever want or need is going to be given to them at the right time. They start fussing because they want it now. That’s just rude.

Do you ever wonder if God looks at you like that? God is up there thinking, *“That Todd. He’s just rude. Fussing and complaining and worrying about something. Doesn’t he know I own everything? Doesn’t he know that I will give him what he needs? Why is he worried? That’s just rude.”*

I don’t want God to think of me like that. And He doesn’t want me to worry. And there’s no point in worrying because not only does **God own everything** but He also **controls** everything. Look at **verse 26**. *Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them.* God feeds the birds. God owns the birds and God owns the seeds and the worms and whatever else birds eat. God owns all that but God also controls all that. God feeds the birds and He loves you way more than He loves the birds. Jesus didn’t die for the birds.

In **1 Chronicles 29**, it says that David praised God and prayed, *“You are the ruler of all things. In your hands are strength and power to exalt and give strength to all.”* God owns even your strength and power. And He gives it to you. He controls it. Here is a verse that ought to give you peace in this upcoming political season. **Daniel** said in **chapter 2**, *“Praise be to the name of God for ever and ever; wisdom and power are his.* (Do you see

that? God actually owns wisdom and power.) ²¹ *He changes times and seasons; he deposes kings and raises up others. He gives wisdom to the wise and knowledge to the discerning.*”

God **owns** everything. He is **in control** of everything and He **provides** everything. In **Genesis 22**, when God provided the ram for Abraham to sacrifice instead of his son, Isaac, Abe called God Jehovah-Jireh. It means the Lord who provides. Paul knew it and said in **Philippians 4** that God shall supply all your needs according to His riches in glory in Christ Jesus.

Belinda knows it. When she broke both of her legs stepping up on that curb, God had already provided an ambulance to be literally just around the corner. God owns that ambulance. He controls that ambulance and He provided that ambulance. Glory to God, right Belinda? And you know it too. This is just a reminder of the fact that God owns, controls and provides everything we need. But sometimes it’s still hard not to worry. So, what can we do?

In certain branches of the military, if you want to join their special forces and be an elite warrior, one of the tests you have to pass is the pool test. Sounds like fun, right? Let’s hang out at the pool. The problem is, they tie your hands together behind your back and tie your feet together and tell you to jump in this nine feet deep pool. If you survive five minutes, you pass the test. Now, five minutes doesn’t sound like very long but it doesn’t take long before your brain starts to panic and tells you that you are drowning.

Your natural reaction is to fight and struggle and kick and move your body to try to stay afloat. But that will only work for a few seconds. And if you panic, you drown. Those that survive know that what you have to do is counter to your instinct. You have to relax. You actually want to let yourself sink all the way to the bottom and then push off the bottom so you can go up and get some air. Then let yourself slowly sink back down, push off and do it again. If you don’t panic, you can do that all day. If you struggle and fight, you’ll wear yourself out and, best case scenario, you don’t pass the test.

When Jesus is preaching this Sermon on the Mount, everything about it is counter to our instinct. Just the Beatitudes are mind-blowing. The poor get the Kingdom. The mourners will be comforted. The meek will inherit the earth. What? That doesn’t make sense to the world. The world says only the forceful will get anything. You have to fight for number one. Go for the gusto.

But Jesus said that you are blessed when people persecute you. Anger is the same as murder. Lust is the same as adultery. Oh, and don't forget to love your enemies. All of that goes against our instinct and what the world wants us to think. And just like relaxing when you feel you are drowning, Jesus says to not worry about your clothes, your food, your health, the car, the kids, the dog, the job. Don't worry about all that. God owns all that. He's in control of all that and He provides all that and **verse 32** says that He knows that you need it.

What you have to do is found in beautiful **verse 33**. Look at it again. Let's read it. Go home and read this again. Read it, meditate on it, think about it, roll around in it. Oh, this is good. It's not easy but it's good because it is truth. It works. It's the secret to living without worry. *"...seek first his kingdom and his righteousness, and all these things will be given to you as well."*

John MacArthur said, *"The cause of worry is seeking the things of this world. The cause of contentment is seeking the things of God's Kingdom and His righteousness."* You can kick your feet and fight and worry and stress to get more and more which only brings more and more stress or you can relax and allow yourself to sink into God's world, His plan and His will.

And here we are back to the blessings of obedience. All you have to do is to pursue God's will. Find it in scripture and just do what He says. Don't listen to the world. Don't listen to anybody that tells you anything outside of God's word and His will. And if you don't know what His will is, Jesus is saying here to seek it. Look for it. Pray for it. Search the Bible. Spend time studying it, learning it and memorizing it. Are you tired of worrying? Do you feel like you are drowning in anxiety? Sink down into God's word and push off the rock of truth into His Kingdom and His righteousness. That's the secret.

Paul said in **Philippians 4**, *"I have learned to be content whatever the circumstances. ¹²I know what it is to be in need, and I know what it is to have plenty. I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want. ¹³I can do all this through him who gives me strength."*

How about you? Are you content? You can be with a relationship with God the Father through Jesus the Son. And I want to invite you to have that right now. This is the time at the end of the message that we call the invitation. It's called that because I am inviting you to become a Christian if you have never done that before. I'm also inviting you to join the church if you have never done that before. If you are a Christian and want to be part of this church family, this is how you do it.

When you come down, I won't ask you many questions. I don't care how much money you make or what you drive or how much you weigh. None of that matters. What I will ask is the one question that does matter. Are you a true believer? If so, tell me about how you got saved and started your walk with the Lord. After that, you will make a check out to me for...no, no, no. I'm kidding. I don't care about your money.

I only care that you have accepted Jesus to be your Lord and Savior; that you have asked Him to forgive you of your sins and then you turned away from that lifestyle in repentance. Then you allowed God to come into your life and change you from the inside out. If you have never done that then I invite you to do it right now as the music plays.