



Worry, Worry, Worry

Series: *The Sermon On The Mount*, #12

Matthew 6:25-34

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Theme: **Seeking God's Kingdom Defeats Worry.**

Some Causes Of Worry.

1. The wrong attitude and relationship toward material things. (25; see also 24)
2. "Little faith."
(30; see also verses 26, 32; Matthew 7:7, 24; 17:20; John 3:15-16; Romans 10:9; Ephesians 2:8)

Some Consequences of Worry.

1. Disappointment and frustration because worry cannot deliver.
(25-30; see also John 10:10; 1 Timothy 6:17)
2. Damage to your testimony. (31-32)

The Cure For Worry.

Seeking God's Kingdom In Action:

1. Remember God is your heavenly Father.
(26-32; see also Numbers 23:19; Joshua 23:14; Job 43:2; Psalm 29:10; 68:5; 103:13-14; 138:6; 148:13; Isaiah 33:5; 57:15)

2. Trust God to know and meet your needs. (26, 30, 32; see also Matthew 6:8; 10:29)
3. Keep *life* in perspective. (25)
4. Put first things first. (33)
5. Live in the present. (34; see also Proverbs 6:6-8; Lamentations 3:22-23)

In My Life This Week

(As you use this daily guide, write out your observations and responses on a separate piece of paper and save them with this sheet for reference.)

Monday. Everyone faces the challenge of worry. What do you worry about? We can worry about realities and possibilities. Remember that just because worry shows up on your doorstep does not mean you have sinned. Your response to anxious thoughts is critical. Make a list of any/all the specific things that have brought anxious thoughts to mind, or over which you have worried today. Ask God to help you break that pattern.

Tuesday. Jesus gives us two principle causes of worry in these verses: the wrong attitude and relationship toward material things and “little faith.” Review the verses and your notes from the outline. Examine yourself to spot evidences of these two worry producers. Write out whatever you spot and keep it for daily review and prayer.

Wednesday. If you tend to worry, you already know that the consequences are unpleasant. Worry disappoints because it cannot deliver. It also damages our testimony. Think through these consequences carefully, thoroughly as you move to defeat worry.

Thursday. God’s cure for worry has a number of components. Walk through the five aspects of *Seeking God’s Kingdom In Action* on the outline, checking your notes and observations. Keep these before you and ask God to help you live them.

Friday – Saturday. On Sunday we will be looking at 7:1-12. Review and think through the verses in preparation for our time together.