

## **Don't Worry Be Healthy!**

### Matthew 6:25-34

“25 Therefore I say unto you, Take no thought for your life, what ye shall eat, or what ye shall drink; nor yet for your body, what ye shall put on. Is not the life more than meat, and the body than raiment?”

26 Behold the fowls of the air: for they sow not, neither do they reap, nor gather into barns; yet your heavenly Father feedeth them. Are ye not much better than they?

27 Which of you by taking thought can add one cubit unto his stature?

28 And why take ye thought for raiment? Consider the lilies of the field, how they grow; they toil not, neither do they spin:

29 And yet I say unto you, That even Solomon in all his glory was not arrayed like one of these.

30 Wherefore, if God so clothe the grass of the field, which to day is, and to morrow is cast into the oven, shall he not much more clothe you, O ye of little faith?

31 Therefore take no thought, saying, What shall we eat? or, What shall we drink? or, Wherewithal shall we be clothed?

32 (For after all these things do the Gentiles seek:) for your heavenly Father knoweth that ye have need of all these things.

33 But seek ye first the kingdom of God, and his righteousness; and all these things shall be added unto you”

34 Take therefore no thought for the morrow: for the morrow shall take thought for the things of itself. Sufficient unto the day is the evil thereof”

## **How many of you here today live a life without anxiety or worry?**

\* Do you have something that sends chills up your spine when you think about it?

• People worry about everything under the sun.

\* We worry about things ranging from what we will wear to worrying if we will have a job to pay the bills next month – to does she or does she not? Or Does He or does He not? The list can and does go on and on!

## Worry consumes the lives of many people

\* Worry is something that even affects the health of people.

\* Folks who are in a constant state of worry can hurt themselves health wise.

Worry is the *sin of distrusting the promise and providence of God, and yet it is a sin that Christians commit perhaps more frequently than any other*

*One man said, “Don’t tell me that worrying does not help - because the things I worry about never happen”*

\*Folks worry and anxiety can drain the very life out of you

**One man found a unique way to take care of worrying about money**

- \* I have a mountain of credit card debt”, one man told another
- \* “I have lost my job. My car is being repossessed and our house is in foreclosure, but I am not worried about it”
- \* Your not worried about it exclaimed his friend!
- \* “No, No, No, because I’ve hired a professional worrier.
- \* He does all my worrying for me, and that way I don’t have to think about it.”
- \* “That’s fantastic! Replied his friend!
- \* How much does your professional worrier charge for his services?”
- \* “\$50,000 a year” the man replied.
- \* “\$50,000 a year? His friend responded!
- \* Where are you going to get that kind of money?” I thought you were broke!
- \* “I don’t know”, comes the reply - That’s why I hired him its his worry”

[Matthew 6:25](#)

“25 Therefore I say unto you, Take no thought for your life, what ye shall eat, or what ye shall drink; nor yet for your body, what ye shall put on. Is not the life more than meat, and the body than raiment?”

**Worrying for a Christian is a waste of time because of who our father is!**

\* [Matthew 6:25](#) is the beginning of a challenge to lean on God in our times of need

**Jesus is telling us that since we are not to serve two masters we are to not be a people drained by anxiety! Key here folks – don’t get yourself into a position that can tempt you to sin by worrying!**

## **What about our Heavenly Father?**

*The root cause of our anxiety is the fact that we do not think that our God is big enough to help in our time of need*

*Mark Twain said;*

*"The difference between the right word and the almost right word is like the difference between lightning and the lightning bug"*

### 2 Timothy 1:7

**"For God hath not given us the spirit of fear; but of power, and of love, and of a sound mind"**

**To find truth, one must do the proper research, the almost right word is a constant in this world, BUT Gods Word is a Lightning Word it illuminates- Seek Gods Word!**

### The Psalmist reminds us that our master owns everything

#### Psalms 104:24 [KJ]

**"O LORD, how manifold are thy works! In wisdom hast thou made them all: the earth is full of thy riches"**

#### **[Message]**

**"What a wildly wonderful world, God! You made it all, with Wisdom at your side, made earth overflow with your wonderful creations"**

- \* How many of us have had a lot of worry over money.
- \* How many times have you wondered if there was going to be enough money left at the end of the month?

**Doesn't it seem that just about the time you think you are about to get your head above water, something goes wrong?**

- \* The refrigerator goes out, a medical emergency happens.
- \* It always seems like something?
- \* What do we do when these things happen?

The English term worry comes from an old German word meaning: To strangle, or choke.

\* That is exactly what worry does; it is a kind of mental and emotional strangulation, which probably causes more mental and physical afflictions than any other single cause

In a similar way, the substance of worry is nearly always extremely small compared to the size it forms in our minds and the damage it does in our lives.

\* Someone has said, *“Worry is a thin stream of fear that trickles through the mind, which, if encouraged, will cut a channel so wide that all other thoughts will be drained out.”*

**If we have a need, our Father who is in heaven knows the need and will take care of us.**

I Chronicles 29: 10-12 [KJ]

“ Both riches and honour come of thee, and thou reignest over all; and in thine hand is power and might; and in thine hand it is to make great, and to give strength unto all”

\* Our Father oversees everything

I Chronicles 29: 12 [Message]

“David blessed God in full view of the entire congregation: Blessed are you, God of Israel, our father from of old and forever. To you, O God, belong the greatness and the might, the glory, the victory, the majesty, the splendor; Yes! Everything in heaven, everything on earth; the kingdom all yours! You've raised yourself high over all. Riches and glory come from you, you're ruler over all; You hold strength and power in the palm of your hand to build up and strengthen all. And here we are, O God, our God, giving thanks to you, praising your splendid Name”

\* When you start to be consumed by worry or anxiety, remember that the God you serve controls all things

**The God who loves you does not want your life to be drained away by anxiety**

\* If God controls all things, then our Father provides everything we need

Philippians 4:19

“But my God shall supply all your need according to his riches in glory by Christ Jesus”

*“The beginning of anxiety is the end of faith, and the beginning of true faith is the end of anxiety”*

*George Muller in Signs of the Times. Christianity Today, Vol. 35, no. 1.*

**When we let anxiety and worry run our lives we are really displaying a lack of faith in the great God that we serve**

\* Always remember that trials and tough times can make us or break us.  
\* Each trial that comes our way is an opportunity for God to show Himself in our lives

Matthew 6:34

“So do not worry or be anxious about tomorrow, for tomorrow will have worries and anxieties of its own. Sufficient for each day is its own trouble”

Joshua 11:6

“And the LORD said unto Joshua, Be not afraid because of them: for tomorrow about this time will I deliver them up all slain before Israel: thou shalt hough their horses, and burn their chariots with fire”

[Message]

“6 God said to Joshua: "Don't worry about them. This time tomorrow I'll hand them over to Israel, all dead. You'll hamstring their horses. You'll set fire to their chariots.”

2 Kings 6:16

“He said, "Don't worry about it—there are more on our side than on their side”

Proverbs 12:25

“Worry weighs us down; a cheerful word picks us up”

**King James** says it this ways – “Heaviness in the heart of man maketh it stoop: but a good word maketh it glad”

James 1:5

“If you don't know what you're doing, pray to the Father. He loves to help. You'll get his help, and won't be condescended to when you ask for it. Ask boldly, believingly, without a second thought. People who "worry their prayers" are like wind-whipped waves. Don't think you're going to get anything from the Master that way, adrift at sea, keeping all your options open”

Psalm 73:1

“No doubt about it! God is good— good to good people, good to the good-hearted. But I nearly missed it, missed seeing his goodness. I was looking the other way, looking up to the people At the top, envying the wicked who have it made, Who have nothing to worry about, not a care in the whole wide world”

**Conclusion**Matthew 6: 33

“But seek ye first the kingdom of God, and his righteousness; and all these things shall be added unto you”

\* **First Things First – God things First**

\* **V: 34 goes on to teach us that we are not to worry about tomorrow – simply we are to live life a day at a time!**

\* **Don't use today to get to far ahead of yourself that you don't get God stuff done right now!**