

A PROBLEM ON THE PATH TO ABUNDANT LIFE

(Matthew 6:25-30)

I. Counsel worth heeding.

- a. Worry is an attack on faith.
 - i. Matthew 6:25-30.
 - ii. Jesus reminds us that God takes care of the birds.
 - 1. The birds do their part don't they.
 - 2. They search for their food and find that which God has provided.
 - iii. Jesus reminds us that God takes care of the lilies of the field.
 - 1. The flowers do their part don't they.
 - 2. They produce their seed and they multiply and live.
 - iv. The point is, God created us so He can care for us.
 - v. If we respond in other ways, it is an attack on our faith.
 - vi. Again, it isn't thinking about what is facing us.
 - vii. The type of worry that is sinful is the forgetting of God and not trusting in His will but thinking we are all alone in handling what may or may not come.
- b. Jesus tells us that worry is futile.
 - i. Matthew 6:27.
 - ii. We all know the statistics of what worry does.
 - 1. It affects our mental well-being and our physical well-being.
 - 2. When worry turns into depression, it puts a great financial strain on us.
 - 3. It is estimated that Major Depressive Disorders affect our economy to the tune of over 200 billion dollars a year.
 - iii. Some have estimated that more than 80% of the things about which we worry never even come to pass.
 - iv. In the meantime, we accomplish nothing.
 - v. Goodspeed translated this verse as "Which of you with all his worry can add a single hour to his life?".
 - vi. We don't add any hours to our lives, but we do subtract them.
- c. Jesus tells us that when we worry we are trying to put tomorrow into today.
 - i. Matthew 6:33-34.
 - ii. We can't live tomorrow until tomorrow comes.
 - iii. We can't live in yesterday.
 - 1. What's done is done.
 - 2. What is seen right now, what is happening right now, is far more important than what happened yesterday.
 - 3. Each day has its own trouble and we need to be focused on that.

- 4. If there is something of which we can repent from yesterday, repent and move on, because God will forgive and move on as well.
- iv. We also can't live in tomorrow.
 - 1. We don't know if there will be a tomorrow for us.
 - 2. If it does come, that's great.
 - 3. We can be wise and prepare, but we must not get caught up in the "What-if" game.
 - 4. What if this happens or what if that happens.
- v. We really must live one day at a time.

II. Blessings worth having.

- a. There are at least five blessings Jesus will give us if we truly rely on Him.
- b. He wants to bless us with His presence.
 - i. We are told that He will never leave us nor forsake us.
 - ii. He has told us that He is with us always.
 - iii. The Lord stood by Paul when everyone else had left him, and the Lord will stand with us as well.
 - iv. Worry drives away the Lord but He wants to bless us with His presence.
- c. He wants to bless us with His pardon.
 - i. Guilt over sin is one of the greatest causes of worry or anxiety in the life of a Christian.
 - ii. 1 John 1:9.
 - iii. There are those who have done things for which God has forgiven them but they've not forgiven themselves.
 - iv. If God has let it go, we must as well.
 - v. David had anxiety over sin (Psalm 6:6) – he was drowning in guilt.
 - vi. Notice Psalm 51:7.
 - vii. God pardoned David and He wants to pardon us as well, but worry over forgiveness shows a distrust in God's ability and/or desire to forgive.
- d. He wants to bless us with His provision.
 - i. Philippians 4:19.
 - ii. Those things we need, both spiritual and physical, will be provided for us when we faithfully live for Him.
 - iii. If we are worried over our needs, we are showing a lack of faith in the promise of God to provide for our needs (Matthew 6:31-33).
- e. He wants to bless us with a purpose.
 - i. Matthew 5:16.
 - ii. Our purpose is to bring glory to God (1 Corinthians 10:31).
 - iii. Too many of us seem to feel as if our purpose is to get as much pleasure or material wealth as we can.

