



Embracing a New Vision for Worry

Worry is when the “what if’s” of life spiral and grow into the “will be’s” in our heart and mind.

Matthew 6:25-33 (NIV)

“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.

I. See worry for what it is:

I. See worry as a treasure test!

- What you worry about the most is what you trust God with the least!
(Matthew 6:24)

2. See worry as practical atheism! (Matthew 6:31-32)

Philippians 4:6 (NIV)

Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God.

3. See worry as totally unhelpful! (Matthew 6:27)

II. A new vision on worry:

Proverbs 12:25 (ESV)

Anxiety in a man’s heart weighs him down, but a good word makes him glad.

1. A person of vision realizes our Father already knows what we need! (Matthew 6:32)

2. A person of vision re-labels each worry “tomorrow”!

Matthew 6:34 (NIV)

Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.

Worry: Dragging tomorrow’s problems into today.

Matthew 6:11 (NIV)

Give us today our daily bread.

- Realize that God’s grace is sufficient for today. (Lamentations 3:22-23)

3. A person of vision lets worry trigger a kingdom concern. (Matthew 6:33)

- Remember when worried about tomorrow look for a way to participate in what God is doing today.