

I. Introduction and Review: Mr. Worry Wart, Mrs. Crisis, and Mr. Happy-Go-Lucky.

II. Why Shouldn't You Worry? The Disease v. 25-32,34 Mr. Worry Wart

A. Worry is Senseless Because Your Heavenly Father Cares for You. v. 25-26, 28-30

1. Because God has Already Given You the Greater Gift of Life, You Can Trust Him to Provide the Lesser Needs of Sustenance. v. 25 7:9-11 Rom. 8:32
2. If God Provides for the Physical Needs of the Lesser Creation, Surely He Will Take Care of You, His Children. v. 26, 28-30 Ps. 147:9 104:25,27 Rom. 1:20

B. Worry is Useless Because It Accomplishes Nothing. v. 27,34

1. Anxiety if Futile. v. 27 Heb. 9:27 Ps. 31:15 39:4-6 Luke 12:20 Job. 14:5
2. While Fretting Can't Lengthen Your Life, it May Shorten it!
3. Worry About Tomorrow Keeps You From Being Productive Today. v. 34
 - a. Worry is hard work.
 - b. Most of what you worry about never comes to pass anyway.
 - c. God gives grace and strength as you need it. 6:11 Lam. 3:22-23 I Cor. 10:13
4. You are Immortal Until Your Work for the Lord is Complete. Phil. 1:21-25

C. Worry is Faithless Because it Denies God's Loving Care for You. v. 30b-32 8:26

1. Ultimately Anxiety is Due to Unbelief. v. 30b 8:26 14:30-31 16:8 17:20
2. By Worrying You are Behaving Like an Unbeliever. v. 31-32a
3. Fretting is Unworthy of a Child of the King. v. 32b 10:29-31 Ps. 84:11
 - a. God knows what you need better than you do. v. 11 Heb. 4:13 Rev. 2:9
 - b. God will not allow you to be tempted beyond what you are able: I Cor. 10:13
4. Worry is Serious Sin. Rom. 8:28

III. You Can Stop Worrying: The Cure. v. 33 Mrs. Crisis

A. Commit Yourself to the Lord's Business. v. 33a

1. Don't Seek to Overcome Anxiety in the World's Way.
2. The Problem of Worry is not Negative Thinking, but godless Thinking. The Answer is not Positive Thinking, but a Renewed Mind. Rom. 12:2
 - a. Serve God with an Undivided Heart. v. 24 13:44-46 Luke 10:38-42 I Kings 3:5-9
It is Good to be Concerned about some things. II Cor. 11:28f Phi. 2:20
3. How, in Practical Terms Can You Seek His Kingdom First? 5:6
Priorities, Righteousness, Gifts, Vocation, Prayer.

B. Trust God to Meet Your Needs. v. 33b Heb. 4:15 13:5-6 Isa. 26:3 Ps. 55:22 46:1-2

1. Cast Your Cares Upon the Lord. I Pet. 5:7 Phil. 4:6
If You Take Care of His Business, He will Take Care of Yours. I Kings 3:10-14
2. How Can the Person Undergoing Severe Trials Find Help? (*Mrs. Crisis*) 11:28-30

3. If You Rely Upon Him, He will Not Disappoint You. Ps. 37:25 34:10
Ro. 9:33 10:11 I Pet. 2:6 I Cor. 10:13

C. Give Thanks for His Bountiful Provision and be Content. Phil. 4:6 I Thess. 5:18
Phil. 4:12 I Tim. 6:6-8 Heb. 13:5-6

IV. Don't Misunderstand or Abuse God's Promises! *Mr. Happy Go-Lucky*

A. Jesus is Not Saying that You Won't Have Any Problems. v. 34b Gen. 3:17-19

B. Jesus is Not Advocating Carefree Irresponsibility. 25:14-30

1. God Ordinarily Provides Through Means - Sowing and Reaping. v. 26 Gen. 3:19
Believers are Not Exempt from Having to Earn a Living. II Thess. 3:10

2. You are Responsible to Take Care of Today's Troubles Today, as God Enables
You. v. 34 I Tim. 5:8,13 II Thess. 3:10 Lam. 3:22-23

3. There is a Legitimate Concern for Others. II Cor. 8:15 11:28f Phi. 2:20
I Cor. 7:32-34

V. Concluding Applications:

A. God Tells You Why Not to Worry.

B. The Antidote to Worry is a Radical Change of Priority.

C. If You are Not a Child of God - You Ought to Worry! v. 32a
Is God Calling You to be His Child Today? John 1:12-13

Eph. 3:20