

New Testament Sermon Outline 8/12

Do not Worry

1. Introduction

Jesus gave an important sermon on worry. In fact it was so profound that if a Christian can grasp the significance of it they would never worry again whatever the circumstance.

Matthew 6:25-34 gives an outline of the thinking of Jesus on this subject.

Do not worry about your life. Life consists of eating, drinking and about the body food and clothing.

2. Worry definition

Be worried, concerned, anxious, troubled, or uneasy; "I worry about my job" Paying the bills, my family's health

Disturb the peace of mind; afflict with mental agitation or distress; "I cannot sleep--my daughter's health is worrying me"

Concern: be on the mind of; "I worry about the earthquake hitting us or plying in a plane"

Lacerate by biting; "the dog worried his bone"

Concern: something or someone that causes anxiety; a source of unhappiness; "Birmingham traffic is a constant concern"; "it's a major worry"

A strong feeling of anxiety; "his worry over the prospect of being fired"; "it is not work but worry that kills"; "he wanted to die and end his troubles"

3. Growth of the Word in History:

Worrying may shorten one's life, but not as quickly as it once did. The ancestor of our word, Old English *wyrgan*, meant "to strangle." Its Middle English descendant, *worien*, kept this sense and developed the new sense "to grasp by the throat with the teeth and lacerate" or "to kill or injure by biting and shaking." This is the way wolves or dogs might attack sheep, for example. In the 16th century *worry* began to be used

in the sense "to harass, as by rough treatment or attack," or "to assault verbally," and in the 17th century the word took on the sense "to bother, distress, or persecute." It was a small step from this sense to the main modern senses "to cause to feel anxious or distressed" and "to feel troubled or uneasy," first recorded in the 19th century.

4. Maslow Theory

A man called Maslow in 1970 stated that we think in a hierarchy sense. We start at a basic level and when those needs are satisfied we move to the next. I will show these in a moment but remember it does not matter where on the scale you are, no level will satisfy you ever. Why because the gap in wanting is only filled by a personal relationship with Jesus.

the next. There are five hierarchical levels. These are:

- *Physiological needs*: Food, shelter, sexual satisfaction defence (Flight or flight) i.e those needs needed for basic survival.
- *Safety needs*: The need to feel safe within your environment. Also refers to emotional and physical safety.
- *Social Needs*: The need for love, friendship and belongingness
- *Esteem needs*: The need for self respect, status and recognition from others.
- *Self actualisation*: The point of reaching ones full potential. Are you capable at excelling yourself?

So an individual will need to satisfy their most basic need before they can move onto the next. Only when that individual knows that they have met their physiological needs will they move onto their safety needs. Maslow suggests that if you wanted to motivate an individual you will need to know where within the hierarchy they are placed.

5. There is always the Jesus theory.

Out of the ten verses there are seven different arguments and defences against worry. If you can really grasp them then your life can be changed forever tonight.

- a) **"Therefore I say to you, do not worry about your life, Matthew 6:25**

This is a big statement to make. Your life is everything you have. It is given to you at birth and is taken away from you at death. Your life is the only reason you are here on earth. It is the essential part of who you are. At birth all wait to hear you cry. A miracle takes place as you take your first breath.

God already knows everything about you.

The Apostle Paul said this, 'But when it pleased God, who separated me from my mother's womb and called me through His grace,' Gal 1:15-16

Jeremiah wrote about himself.

Then the word of the Lord came to me, saying: "Before I formed you in the womb I knew you; Before you were born I sanctified you; I ordained you a prophet to the nations. Jer 1:4-9

It does not matter to God what you look like, what you may have done in your life, how disappointed you have about incidents that have happened in your life, he knew all about it and decided to love you from the moment you were born. He is still waiting to become your friend and companion, to walk with you through life and guide and protect you.

b) 26 Look at the birds of the air, for they neither sow nor reap nor gather into barns; yet your heavenly Father feeds them. Are you not of more value than they?

When feeding birds in a domestic garden in winter, the seed has to be in the same place each day. Blue tits can die with half an hour of waking even if the seeds are moved to another place in the garden. God even cares for them!

Matt 10:29-31 Are not two sparrows sold for a copper coin? And not one of them falls to the ground apart from your Father's will. 30 But the very hairs of your head are all numbered. 31 Do not fear therefore; you are of more value than many sparrows.

Therefore do not fear. You are more value than many sparrows.

c) Matt 6:27 Which of you by worrying can add one cubit to his stature?

You need to ask yourself about any situation is this. What is the worst that can happen to me? I get the sack at work. Is that likely to happen? If no then you have your work. Because of what I have done I may get a verbal warning. So learn from it and improve. Having anxiety sessions will not help but rather hinder your view of things.

No doubt Jesus had in mind people who were very short in stature. My eldest son is 5' 6" and as a late teenager he was very conscious of his lack of height,. He bought shoes with heels in them or bought wedges to make himself higher. It wasn't until he realised that Napoleon, Alexander the Great and even Prime Minister Harold Wilson were short men that he realised it is not what you look like but who you are that really matters. Harold Wilson was only 5' 4" because I once spent four hours with him! There that's name dropping.

If we cannot add to our height by worrying, it is useless worrying.

d) Matt 6:28-30" So why do you worry about clothing?

The lilies of the field were the scarlet poppies and anemones. They bloomed one day on the hillsides of Palestine: yet their brief life they were clothed with a beauty which surpassed the beauty of the robes of kings. When they died they were used for nothing better than for burning!

They were used to help in baking bread in the oven. Yet God clothes them with a beauty which is beyond man's power to imitate.. If God gives such beauty to a short-lived flower, how much more will he care for you? Surely the generosity so lavished on a flower for one day, he will not forget you!

As an illustration, no two zebra's have the same stripes. As they are unique so are we. Each made in the image of God but all different. Why are we made to look so differently from one another? God made a mould especially for you then destroyed it so you could be unique. Please don't throw that gift back into his face.

e) Matthew 6:31-35 Eating, Drinking and Clothing

Jesus points out three very basic aspects of life Eat, drink, wear.

We all need to eat. We all need to drink and we all need clothes to wear. Lack of any one of these could lead to physical death.

Jesus said this is what the Gentiles worry about. Basic level in Maslow's pyramid.

If we have Christ in our lives we live by faith. We can believe God now that he will not see his children lacking basic needs. What does Psalm 37 say?

25 I have been young, and now am old; Yet I have not seen the righteous forsaken, Nor his descendants begging bread.

6. What shall we do to take this worry away?

But seek first the kingdom of God and His righteousness, and all these things shall be added to you. Verse 33

We are free yet subjects to the king. We are under his protection and authority. If we seek his kingdom he will provide all our needs. Kingdom people are a holy people, a royal priesthood a royal nation.

Being a priest means we have access into the very throne room of God. He will meet all our needs. He will meet all our needs. He will meet all our needs.

34 Therefore **do not worry** about tomorrow, for tomorrow will worry about its own things. Sufficient for the day is its own trouble.

Do not worry is not a suggestion it is an order not to worry. Think about today it is sufficient.