

Building Your Life on Solid Rock Part X Removing Worry WARTS!

²⁴ “Anyone who listens to my teaching and follows it is wise, like a person who builds a house on solid rock. Matthew 7 [final summary sermon on the mount]

²⁵ **That is why I tell you not to worry about everyday life—whether you have enough food and drink, or enough clothes to wear. Isn’t life more than food, and your body more than clothing? ²⁶ Look at the birds. They don’t plant or harvest or store food in barns, for your heavenly Father feeds them. And aren’t you far more valuable to Him than they are? ²⁷ Can all your worries add a single moment to your life?**

²⁸ **And why worry about your clothing? Look at the lilies of the field and how they grow. They don’t work or make their clothing, ²⁹ yet Solomon in all his glory was not dressed as beautifully as they are. ³⁰ And if God cares so wonderfully for wildflowers that are here today and thrown into the fire tomorrow, He will certainly care for you. Why do you have so little faith?**

³¹ **So don’t worry about these things, saying, ‘What will we eat? What will we drink? What will we wear?’ ³² These things dominate the thoughts of unbelievers, but your heavenly Father already knows all your needs. ³³ Seek the Kingdom of God above all else, and live righteously, and He will give you everything you need.**

³⁴ **So don’t worry about tomorrow, for tomorrow will bring its own worries. Today’s trouble is enough for today.**

Matthew 6:25-34

“worry” = divide distract anxious

.....for a person with divided loyalty is as unsettled as a wave of the sea that is blown and tossed by the wind. ⁷ Such people should not expect to receive anything from the Lord. ⁸ Their loyalty is **divided** between God and the world, and they are unstable in everything they do. James 1:6-8

I. We Must Analyze the Causes of Worry Jesus clearly identifies these.....

>Worry about food and water-- *whether you have enough food and drink*

>Worry about **fashion**-- *or enough clothes to wear*

>Worry about fitness-- *Can all your worries add a single moment to your life? not make self-taller*

>Worry about the **future**-- So don’t worry about tomorrow

II. We Must Accept the Costs of Worry

>Worry is **Useless** 2 things we should never worry about → ¹can change ²can’t change

>Worry is Harmful

> Harmful to **Ourselves**

>Harmful to **Others**

>Harmful to the **Heart** of God ³⁰ **And if God cares so wonderfully for wildflowers that are here today and thrown into the fire tomorrow, He will certainly care for you...**

³² **These things dominate the thoughts of unbelievers, but your heavenly Father already knows all your needs.** Matthew 6:30-32

II. We Must Apply the Cure for Worry

> **FATHER** Factor vs 26 ²⁶for your heavenly Father..... ³² but your heavenly Father already knows all your needs.

Memory verse ³¹ What shall we say about such wonderful things as these? If God is for us, who can ever be against us? ³² **Since He did not spare even His own Son but gave Him up for us all, won't He also give us everything else?** Romans 8:31-32

But not a single sparrow can fall to the ground without your Father knowing it. ³⁰ And the very hairs on your head are all numbered. And aren't you far more valuable to him than they [sparrows] are? Matthew 10:29-30

> **FOCUS** Factor vs 33 ³³ Seek the Kingdom of God above all else, and live righteously, and He will give you everything you need. Matthew 6:33

> **FUTURE** Factor vs 34 ³⁴ So don't worry about tomorrow, for tomorrow will bring its own worries. Today's trouble is enough for today.
Adrian Rogers "Worry is interest paid on borrowed trouble"

So when you begin to reach into the future and pull that into the present

1. **It Buries Blessings**—It blocks out blessings
2. **Worry Steals Strength**—It puts too much into one day
3. **Produces Problems**—Worry can make it actually happen

For the thing I greatly feared has come upon me, And what I dreaded has happened to me. Job 3:25

Jesus is **NOT** saying not to think ahead or plan ahead or prepare ahead!

Plan and Prepare and then **TRUST** Him!