

Sovereign Grace Church
“Worry & the Kingdom” outline
September 23, 2018

Matthew 6: 25-34

*Loving my enemies....suppressing my “lustful lookings”....not getting angry....these are all hard teachings, but their wisdom is not generally suspect....at least after I understand that “love” is not some sort of romantic feeling but rather a cultivated disposition to do good to the object of my love. But, NOT to WORRY?! How is that possible?! I worry about NOT loving my enemies...or failing to guard my eyes at an opportune moment or giving release to my pent up anger. Isn't worry like pain....a signal that something is amiss and that I should do something to correct it?! We don't want pain.....but we don't want our leg gnawed off by the dog in our sleep either!
Pain can be a good thing....so what about worry?*

*The problem with worry is that it usually concerns things that we are powerless to do anything about. We worry about whether our kids will get home safely; whether they will ever find gainful employment; whether we will be able to keep our job given a particular economic downturn; whether I will go bald; whether we will suffer a nuclear attack. The list can be as long as our imaginations! Whether or not it is possible to not worry....it can be very debilitating. When we worry we tend to not get things done.....especially anything relating to our worries. Worry is not very productive. But wouldn't you feel guilty if you didn't worry about important matters?
Wouldn't that indicate apathy? Jesus didn't think so. So let see why.*

1. Don't Worry....Be Joyful! v. 25

- **We are Not to worry about our Sustenance. vv 26-27
Psm 104: 10-15; II Thess. 3: 10; Lk 12: 23-24**

- **We are Not to worry about our Clothing vv 28-32
Prov 11: 22; Jms 1: 9-11; Heb. 2: 14-15**

- 2. Worry's Proper Replacement vv 33-34
Phil. 4: 6-7**

- 3. Wrapping it up
I Peter 5: 5b-7**

Questions for Conversation and Reflection

- 1. What sorts of things do you find yourself worrying about? Are they things you can actually do anything about? If you can, why don't you do it? What is the one productive thing we CAN do about things we can do nothing about?**
- 2. What is the difference between worrying about what your are going to eat as opposed to worrying about whether your were going to eat? Can you imagine a life where food is not a cultural given? Have you ever worried about whether your mom was going to remember to bring home your favorite candy bar from her grocery shopping? Have you ever worried about whether your mom was going to contribute to your getting diabetes by giving you too many candy bars from the grocery store? Which is the greater long term concern? Why don't you worry about it?**
- 3. Do you remember a time when wearing clothes with holes and tears in them was a mark of poverty? Do you ever worry about what clothes you will wear? Why? Do you worry about how you look to others? What others? Why? Are most of the things you worry about important? Or not?**
- 4. What does it mean to seek first God's Kingdom and His Righteousness? Do you? How do you know you do? Can you profess to believe something and not really believe it? How do you know if you really believe it?**