
Do not
Worry
MATTHEW 6:25-34
YONG YANG • 4 JUNE 2023

*25 “Therefore I say to you, do not worry about your life, what you will eat or what you will drink; nor about your body, what you will put on. Is not life more than food and the body more than clothing? 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? 27 Which of you by worrying can add one cubit to his stature?*

*28 “So why do you worry about clothing? Consider the lilies of the field, how they grow: they neither toil nor spin; 29 and yet I say to you that even Solomon in all his glory was not arrayed like one of these. 30 Now if God so clothes the grass of the field, which today is, and tomorrow is thrown into the oven, will He not much more clothe you, O you of little faith? 31 “Therefore do not worry, saying, ‘What shall we eat?’ or ‘What shall we drink?’ or ‘What shall we wear?*

*32 For after all these things the Gentiles seek. For your heavenly Father knows that you need all these things. 33 But seek first the kingdom of God and His righteousness, and all these things shall be added to you. 34 Therefore do not worry about tomorrow, for tomorrow will worry about its own things. Sufficient for the day is its own trouble."*

*Matthew 6:25-34*

Hakuna Matata



# Hakuna Matata

*“it means no worries,*
*for the rest of your days”*



*“When the world turns its back on you;*
*you turn your back on the world”*



# a) Worry-free Life or Life free from Worry

| **Worry-free Life** | **Life free from Worry** |
| --- | --- |
| Living life without any problems | Living life without worrying *despite* the problems |

*"In the world **you will have tribulation**; but be of good cheer, I have overcome the world."*

*John 16:33*

# Do Not Worry

*"Therefore I say to you,* ***do not worry about your life****, what you will eat or what you will drink; nor about your body, what you will put on."*

*Matthew 6:25*

# b) Concerns and Worries

**Concerns leads to diligent and prudent planning**

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## Concerns leads to diligent and prudent planning

*"**The plans of the diligent lead surely to plenty**, But those of everyone who is hasty, surely to poverty."*

*Proverbs 21:5*

# How we handle the uncertainties in life is what distinct concerns from worries

*“Now if God so clothes the grass of the field, which today is, and tomorrow is thrown into the oven, will He not much more clothe you,* ***O you of little faith?***”

*Matthew 6:30*

# Worries ultimately stem from a lack of trust in God

*“Which of you by worrying can add one cubit to his stature?”*

*Matthew 6:27*

1) Is not Life more than Food and Clothing?

*“**Therefore** I say to you, do not worry about your life, what you will eat or what you will drink; nor about your body, what you will put on. Is not life more than food and the body more than clothing?”*

*Matthew 6:25*

*“**19 Do not lay up for yourselves treasures on earth**, where moth and rust destroy and where thieves break in and steal **20 but lay up for yourselves treasures in heaven**, where neither moth nor rust destroys and where thieves do not break in and steal …… 24 No one can serve two masters; for either he will hate the one and love the other, or else he will be loyal to the one and despise the other.*
***You cannot serve God and mammon**.”*

*Matthew 6:19-24*

# a) Earthly Treasures and Worries



**The fixated pursuit of laying up more and more treasures on earth may cause us to worry about more things**

## Fixation on laying earthly treasures leads to worries because ultimately they are temporal and volatile

*"Do not lay up for yourselves treasures on earth,* ***where moth and rust destroy and where thieves break in and steal****"*

*Matthew 6:19*

*“For where your treasure is,* ***there your heart will be also****.”*

*Matthew 6:21*

**If our treasure is on earthly things, our hearts will be on things that are temporal and susceptible to loss**

*“Therefore I say to you, do not worry about your life, what you will eat or what you will drink; nor about your body, what you will put on.* ***Is not life more than food and the body more than clothing?****”*

*Matthew 6:25*

# b) Seeking First the Kingdom

*"31 Therefore do not worry, saying, 'What shall we eat?' or 'What shall we drink?' or 'What shall we wear?' 32 For after all these things the Gentiles seek. For your heavenly Father knows that you need all these things.* ***33 But seek first the kingdom of God and His righteousness****, and all these things shall be added to you."*

*Matthew 6:31-33*

# Matter of priorities rather than importance

**“The pursuit of the Kingdom must be central, and it is worth it!”**

*“But lay up for yourselves treasures in heaven,* ***where neither moth nor rust destroys and where thieves do not break in and steal.”***

*Matthew 6:20*

**When the pursuit of the Kingdom is central and primary, we won't be filled with worries because our hearts are now on the eternal and permanent things in life**

"He is no fool who gives up what he cannot keep to gain what he cannot lose."

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

*Matthew 6:33*

2) Will He not much more clothe you?

*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?..... 28 “So why do you worry about clothing? Consider the lilies of the field, how they grow: they neither toil nor spin; 29 and yet I say to you that even Solomon in all his glory was not arrayed like one of these.30 Now if **God so clothes the grass of the field**, which today is, and tomorrow is thrown into the oven, will He not much more clothe you, O you of little faith?*

*Matthew 6:26-30*

**Jesus is trying to shift our perspective of our source of sustenance away from our work to God Himself**

*“Now if God so clothes the grass of the field, which today is, and tomorrow is thrown into the oven, will He not **much more** clothe you, O you of little faith?”*

*Matthew 6:30*

**Since God cares so deeply for the birds, we can surely trust that much more God cares deeply for us and He will take care of us**

**We need not see that the ultimate source of our sustenance is our own hard work, but a loving Heavenly Father who knows us deeply to take care of us**

*"For after all these things the Gentiles seek.* ***For your heavenly Father knows that you need all these things.****"*

*Matthew 6:32*

# Conclusion

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

*Matthew 6:34*

*“I don't know about tomorrow,*
*I just live from day to day.*
*I don't borrow from its sunshine,*
*For its skies may turn to gray.*
*I don't worry o'er the future,*
*For I know what Jesus said,*
*And today I'll walk beside Him,*
*For He knows what is ahead.*
*Many things about tomorrow,*
*I don't seem to understand;*
*But I know who holds tomorrow,*
*And I know who holds my hand.”*

***But I know who holds tomorrow, And I know who holds my hand***