

**WORRY-FREE
LIVING**

MATTHEW 6:25-34

Matthew 6:25-34

25 Therefore I say unto you, Take no thought for your life, what ye shall eat, or what ye shall drink; nor yet for your body, what ye shall put on. Is not the life more than meat, and the body than raiment?

26 Behold the fowls of the air: for they sow not, neither do they reap, nor gather into barns; yet your heavenly Father feedeth them. Are ye not much better than they?

27 Which of you by taking thought can add one cubit unto his stature?

Matthew 6:25-34 - continued

28 And why take ye thought for raiment? Consider the lilies of the field, how they grow; they toil not, neither do they spin:

29 And yet I say unto you, That even Solomon in all his glory was not arrayed like one of these.

30 Wherefore, if God so clothe the grass of the field, which to day is, and to morrow is cast into the oven, shall he not much more clothe you, O ye of little faith?

Matthew 6:25-34 - continued

31 Therefore take no thought, saying, What shall we eat? or, What shall we drink? or, Wherewithal shall we be clothed?

32 (For after all these things do the Gentiles seek:) for your heavenly Father knoweth that ye have need of all these things.

Matthew 6:25-34 - continued

33 But seek ye first the kingdom of God, and his righteousness; and all these things shall be added unto you.

34 Take therefore no thought for the morrow: for the morrow shall take thought for the things of itself. Sufficient unto the day is the evil thereof.

Introduction

A. Worry affects us all

1 Corinthians 10:13

There hath no temptation taken you but such as is common to man: but God is faithful, who will not suffer you to be tempted above that ye are able; but will with the temptation also make a way to escape, that ye may be able to bear it.

B. An object lesson on faith and focus

I. Look About You (6:25-31)

A. Take no thought for your life

B. Has God not provided food and clothing in the past?

Psalm 37:24

I have been young, and now am old; yet have I not seen the righteous forsaken, nor his seed begging bread.

C. God feeds the birds

D. God clothes the flowers

I. Look About You (6:25-31)

**E. You are much more important than birds or flowers
in God's plan**

Genesis 1:28

And God blessed them, and God said unto them, Be fruitful, and multiply, and replenish the earth, and subdue it: and have dominion over the fish of the sea, and over the fowl of the air, and over every living thing that moveth upon the earth.

I. Look About You (6:25-31)

F. You are the object of God's love and attention

Psalm 8:4

What is man, that thou art mindful of him? and the son of man, that thou visitest

II. Look Above You (6:32-33)

A. God knows what is going on (6:32)

Psalm 121:3

He will not suffer thy foot to be moved: he that keepeth thee will not slumber.

B. Think about God is doing while you been worrying

C. Don't act like the faithless ones

D. God's great faith and provision promise (6:33)

Luke 11:3

Give us day by day our daily bread.

III. Live One Day At A Time (6:34)

A. Stop being anxious about tomorrow

B. Tomorrow can be tough

C. Can you feel safe in God today?

D. God will be alive tomorrow also

**Refuse To Carry Tomorrow's
Burdens Today**