

“Don’t worry, be happy!”

Matthew 6v25-34

Scripture Ref: Prov 31:30; 1 Tim 5:7-8;

- 1. So now the stock market has lost 31% of it’s value – the largest decline in the history of our country, in seven days America lost over \$2T of her value.**
 - a. What is driving the decline? FEAR. People who have money in the market start to worry, and they decide they can’t take it anymore, so they sell their stocks and mutual funds (which are stocks!)**
 - b. When you have more sellers than buyers, prices go down**
 - c. As prices go down, more people get worried, and then they decide to sell.**
 - d. And money vanishes – value evaporates – as liquidity declines, then banks get worried, and they hold cash**
 - e. So people cannot borrow. When they cant borrow, they cant buy houses, cars, etc**
 - f. So now retailers and manufacturers are worried, and they start cutting costs, and jobs begin to evaporate**
 - g. Are you worried yet? Some of you are ready to leave now!**
- 2. An interesting real-life situation that we are in, right when we come to Matt 6:25 “do not worry!”**
 - a. Some might think “that was easy for Jesus to say back then, but now things are different” – but are they?**
- 3. I believe that it is not coincidence that we are here – and Jesus is giving us timeless kingdom principles that are applicable to us today:**
 - a. He telling us that we can have one of two perspectives –**
 - b. Focus on this life, or focus on the Kingdom!**
 - c. And our peace and security is determined not by our bank account, but where our focus is!**

Matt 6:24

("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.)

"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?"

4. **Now the fact that Jesus would say to the crowd there “Do not worry” tells me that worry is not something that is new to the human perspective**
 - a. **We often think that “back then” things were simpler and people didn’t have to worry about things the way we do today.**
 - b. **That’s just not true – they just worried about different things...**
 - i. **“will my car last” vs. “Will my ox last another season”**
 - ii. **“Will my job be cut” vs. “will the rain come for my crops”**
5. **This issue is not so much “what I am worried about”, but rather the fact that we are worrying in the first place.**
6. **Webster defines : to torment oneself with or suffer from disturbing thoughts;**
 - a. **To be anxious, troubled, disturbed**
 - b. **to seize, esp. by the throat, with the teeth and shake or mangle, as one animal does another**
 - c. **Literally Worry can tear you apart!**
7. **Jesus takes on two of the things you might worry about – food and clothing**

For the Birds

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?

8. **Jesus is not giving us a lecture in Ornithology – the point is not what birds eat...**
 - a. **The point is that God has prepared a world ecological system that takes care of the birds and all animals**
 - b. **And you don’t see a bird worry do you? Maybe tweety bird is worried about Sylvester, but that’s a cartoon!**
 - c. **You don’t see birds pacing back and forth across the limb, fretting about where the next worm is coming from, or worried about making the nest payment!**
 - i. **Maybe we need little bird nerve pills...**
 - d. **Birds don’t worry, God takes care of the birds!**
9. **But you do see birds WORK -**
 - a. **IOW - We cant just live life “on a wave”, make foolish decisions, and then expect God to come in and rescue us**
10. **God not only takes care of the birds – he creates beautiful flowers...**

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**?

11. You don't see flowers sitting around getting stressed out that they still have last years dress, or that the flower next to them has a prettier shade of pink on!

- a. **Think about this – God made the flowers beautiful – each one unique in its own way**
- b. **Has God not made each one of you beautiful – each one unique in your own way?**
- c. **Our problem is often our perception of beauty – what we think is beautiful.**
- d. **We compare ourselves to the people that world holds up as beautiful, and we of course think were ugly... but God sees us differently**

Prov 31:30 Charm is deceitful and beauty is passing, but a woman who fears the LORD, she shall be praised.

12. The points about the birds and the grass:

- a. **Do we think God cares more about birds than us? Or flowers?**
- b. **Then why worry? What good will worry do you?**

Does Worrying Help?

13. When Jesus says “Which of you by worrying can add one cubit to his stature?”, He is saying “will worrying about something change the outcome?”

- a. **FACT: worry will not provide the solution to a problem,**
- b. **FACT: it wont even bring us closer to a solution;**
- c. **FACT: There is not one single benefit to worrying.**
- d. **Yet we still worry – worry about the price of gas, worry about our kids, worry about the election...**
- e. **One guy said “Don't worry about being a kleptomaniac, you can always take something for it!”**
- f. **But you can worry about the price of gas all day – and it won't change a penny.**
 - i. **matter of fact, just wait, and a economic crisis will hit and gas will go down...**
 - ii. **then you can worry about the economic downturn!**

14. Worry won't help a situation, but worry will make a bad situation worse

- a. **There are many consequences of worry!**

- b. Worry will distract you from finding a solution;
 - c. If you find a solution, worry will prevent you from implementing a solution.
 - d. Worry saps your strength, making it more difficult to move forward in your situation
 - e. Worry wont change the past, but I will ruin the present!
15. There is a prayer that I learned years ago: "*God grant me the serenity to accept the things I cannot change; courage to change the things I can; and wisdom to know the difference.*"
16. We used to live in San Francisco, and occasionally the fog would roll in, and you couldn't see anything.
- a. But did you know that the amount of fog it takes to cover the SF airport amounts to about 60 trillion droplets of water.... which is about ½ glass of water.
 - b. Think about it – ½ glass of water can shut down an airport.
 - c. That's how worry is; we start thinking about something, and it starts spreading,
 - d. a little worry starts to spread through our mind and our day, and before you know it your airport is shut down!
17. I personally believe that worry is a tool of Satan.
- a. He knows that if he can get you to worry, you will not walk in faith.
 - b. When you are not walking in faith, you are ineffective as a Christian.

God Knows Your Needs

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.

18. Here is the point – If God will feed the birds, if God will cloth the flowers, do we think He is going to leave us in the ditch?
- a. If God is truly God, then He truly knows the needs that His children have.
 - b. My kids have two things – wants and needs. As their father, I am called to provide for their needs -

1 Tim 5:7-8

8 But if anyone does not provide for his own, and especially for those of his household, he has denied the faith and is worse than an unbeliever.

- c. Will God do less than what He has called us to do?

19. This does not mean that I can lay on the couch and God will bring food to my door – but He will provide a way for me to provide – that is biblical!

20. So if God knows what my needs are, and He will make a way for me to obtain them, what do I focus on?

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

21. Again Jesus draws us to the crucial question of the heart: “What am I seeking? What am I going after? What is the driving force of my life?”

- a. I the driving focus of my life is the success and things of this world (like the unsaved), then guess what:
- b. I will get the things I am focused on (Gal 6:7 – “whatever a man sows, that’s what he will reap)
- c. But in the end – I will come up short – because as we learned last week, the treasures of this world are non-transferrable to heaven.

22. And being focused on the things of this world brings on the worry...

- a. Because there is always some moth eating away at your treasure
- b. Today’s moth is the financial crisis – what will tomorrows be?

23. But if I will simply bring my attention and my focus to bear on the eternal – the Kingdom of God –

- a. God promises: “all these things shall be added to you”
- b. What things? The things Jesus just talked about – 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.

24. It’s been said that many people crucify themselves between two thieves:

- a. The regrets of yesterday, and the worries of tomorrow.
- b. It’s a terrible place to be, and the worry will eat you up!

25. But there are three key words can give us our sense of direction: Faith, Father, and First

26. Faith: Did you know that worry is the opposite of faith?

- a. Faith says “I trust God”
- b. Worry says “I don’t trust God, He’s going to let me down”
 - i. That’s why Jesus said “O you of little faith”
- c. Faith is trusting God that we will have our **NEEDS**

27. Father: Who do we trust?

- a. It says right on our currency “In God we trust”, except in many ways we don’t

- b. But just like my children trust me that when they open the fridge, there will be food there...**
- c. We can trust in our Heavenly Father – Jesus tells us that He is the source of our needs.**

28. First: If we will keep our focus on God and His Kingdom, Jesus promised that God will look out for us!

- a. And so we will be freed from the day-to-day worries that plague this generation!**

Copyright © 2008 Pastor Clay Ritter. This data file is the sole property of Pastor Clay Ritter. It may be copied only in its entirety for circulation freely without charge. All copies of this data file must contain this copyright notice. This data file may not be copied in part, edited, revised, copied for resale or incorporated in any commercial publications, recordings, broadcasts, performances, displays or other products offered for sale, without the written permission of Pastor Clay Ritter. Requests for permission should be made in writing and addressed to Pastor Clay Ritter, c/o Calvary Chapel of Wilmington, 2831 Carolina Beach Rd, Wilmington NC, 28412.