



A just weight
and balance

are the
LORD'S:

Thus saith the Lord...

- **THE FORBIDDEN WORRY**
(Matthew 6:25-34)



- There are people who are greatly distressed when there is a **downturn in the stock market.**
 - There are people **who fear the loss of their jobs.**
 - **So are stockpiling supplies** fearing the next economic collapse.
 - Some are worried about the **supposed New World Order.**

- Some are worried about the **“Mark of the Beast”**.
- Others are fearful **about their retirement.**
- What's going to happen with the **collapse of Social Security.**
 - Worrying about being **dead or dead broke** when they retire.
- **The list goes on and on....**

- There are always a series of doomsday prophets who want to profit on our fears.
- Buy gold, buy silver, buy this or that...
- We are hammered daily by these kinds of fears.

- **Three times in chapter 6**
Jesus says..
- V. 25 "**Do not be anxious.**"
- V. 31, "**Do not be anxious.**"
- V. 34, "**Do not be anxious.**"
 - The master teacher
defines the proper attitude
with which His disciples
should live their lives
in a material world.

- You say,
**"Well, we have to eat,
and we have to drink,
and we have to be clothed."**

- These are
great concerns.

- Those are the
necessities of life.

- **Our Lord uses three illustrations.**

- One relates to **food**, (26)

- one relates to **health**, (27)

- one relates to **clothing**.(28)

- The captain who navigates his ship at sea beyond the sight of land is dependent upon the correctness of his chronometer and his compass or GPS.
 - If the instruments of navigation fail him, everything fails him.

- And what these are
to navigation at sea.
- The human mind
is to our navigation of life.
- And anything that disturbs
the balance of the mind
invalidates the whole
voyage of life.

- We must begin our study of this passage by making sure that we understand what Jesus is forbidding and what he is demanding.

- The King James Version translates Jesus' commandment:

- ***“Take no thought for the morrow”***.

- Strange to say, the King James Version was the first translation to translate it in that way.

- Wyclif had it:

"Be not busy to your life."

- Tyndale, The Great Bible and the Geneva Version all had:

**"Be not careful
for your life."**

- They used the word

"careful"

in the literal sense
of full of care.

- The older versions were in fact more accurate.
 - It is not ordinary, prudent foresight that Jesus forbids;
 - It is worry.

- Matthew 6:34

Therefore do not worry
about tomorrow,
for tomorrow will
worry about itself.
Each day has enough
trouble of its own.

(NIV)

- Jesus is not advocating a shiftless, reckless, thoughtless, improvident attitude to life.

- He is forbidding

worry

and

fear

which takes

all the joy out of life.

- The word which is used is the word

merimnan

{mer-im-nah'-o}

(<G3309>),

which means

to worry anxiously.

- In Greek it is the word for anxiety, and worry, and care.

- The Jews themselves were very familiar with this attitude to life.

- It was the teaching of the great Rabbis that life was a combination of prudence and peace of mind.

- They insisted that every man must teach his son a trade, for, they said, not to teach him a trade was to teach him to steal.

- They believed in taking all the necessary steps for the prudent handling of life.

- But at the same time, they said,

"He who has a loaf in his basket, and who says, 'What will I eat tomorrow?' is a man of little faith."

- Jesus is here teaching a lesson which his countrymen well knew the lesson of:
 - prudence
 - forethought
 - serenity
- and trust combined.

- In these ten verses
Jesus sets out
seven
defenses
against worry.

- (# 1) He begins by pointing out that God gave us life, and, if he gave us life, surely we can trust him for the lesser things.

- Matthew 6:25

*Therefore I say unto you,
Take no thought for your life,*

- So, then,
the first argument
is that,
if God gave us life,
we can trust him
for the things which are
necessary to support life.

- (# 2) Jesus speaks about the birds (Matthew 6:26).
- There is no worry in their lives.
- No attempt to pile up goods for an unforeseen and unforeseeable future; and yet their lives go on.

- The point that Jesus is making is not that the birds do not work;
- Probably no one works harder than the average sparrow to make a living;
- The point Jesus is making is that they do not worry.
 - They are not like men who strain to see the future.

- (# 3) In Matthew 6:27, Jesus goes on to prove that worry is in any event useless.

- Some versions render it:

***Can any of you
live a bit longer
by worrying about it?***

(GNB)

- It is Jesus' argument
that worry is

pointless anyway.

- Worry affects the circulation, the heart, the glands, the entire nervous system.
 - A person may literally worry himself to death
 - Or worry himself into bad health.
- But you will never worry yourself into a longer life.

- (# 4)

Matthew 6:28-30

Jesus goes on to speak about the flowers.

- To the Jew Solomon was the highest representative of earthly grandeur, yet he was surpassed by the common lily of the field.
- God clothes them with a beauty which is beyond man's power to imitate.
 - If God gives such beauty to a short-lived flower, how much more will he care for man?

- (# 5) Matthew 6:32

Jesus goes on to advance a very fundamental argument against worry.

- Worry, he says, is characteristic of a heathen, and not of one who knows what God is like.

- The phrase in the Greek literally says, **"they seek it with all their might."**
- Unregenerate people are literally totally **consumed in material gratification.**
- They don't have any other resource; **it's all up to them.**
- They go after it with a **vengeance.**
- How **different** Christians are to be?

- Worry is essentially **distrust of God.**
- Such a distrust may be **understandable in a heathen** who believes in an unpredictable god;
- But it is beyond comprehension in one who has learned **to call God his Father.**

- (# 6) Jesus goes on to advance two ways in which to defeat worry.
- The first is to to concentrate upon, the love of God.
 - It was Jesus conviction that worry is banished when God becomes t
he dominating power
of our lives.

- (# 7) Lastly, Jesus says that worry can be defeated when we learn to live one day at a time (Matthew 6:34).

- What are Jesus arguments against worry?

Worry is..

- **Us useless**

- **Blind**

- **Pagan**

- It is **not** that we ought to dissociate from the past;
 - But use the past as a **guide** in the future,
 - And not as something about which one **worries themselves sick.**

- Worry about the_future is useless.
- Remember the biggest troubles you have got to face are those that never come.
 - Burning bridges that were never built.

- Worry about the future is wasted effort, and the future of reality is seldom as bad as the future of our fears.

- Worry is injurious to our health..
- Two typical diseases of modern life are the stomach ulcer and heart disease, and in many cases both are the result of worry.
 - It is a medical fact that he who laughs most lives longest.
 - Proverbs 17:22
A merry heart doeth good like a medicine: but a broken spirit drieth the bones.

- **Norman Cousins:**

A Laughter/Pain Case Study

- Norman Cousins was a longtime **editor of the Saturday Review,** global peacemaker, receiver of hundreds of awards including the UN Peace Medal and nearly 50 honorary doctorate degrees.

- In 1964 following a very stressful trip to Russia, he was diagnosed with a degenerative disease causing the breakdown of collagen, which left him in almost constant pain and motivated his doctor to say he would die within a few months.

- He disagreed and reasoned that if stress had somehow contributed to his illness (he was not sick before the trip to Russia),
- Then positive emotions should help him feel better.

- With his doctors' consent, he checked himself out of the hospital and into a hotel across the street and began taking extremely high doses of vitamin C
- While exposing himself to a continuous stream of humorous films and similar “laughing matter”.

- He later claimed that 10 minutes of belly rippling laughter would give him two hours of pain-free sleep, when nothing else, not even morphine could help him.

- His condition steadily improved and he slowly regained the use of his limbs.
 - Within six months he was back on his feet,
- And within two years he was able to return to his full-time job at the Saturday Review.
 - His story baffled the scientific community and inspired a number of research projects.

- Norman Cousins' book, **Anatomy of an Illness, as Perceived by the Patient,**

- Introduces us to a man who says:

“I had a fast-growing conviction that a hospital is no place for a person who is seriously ill.”

- The worry which wears out the mind wears out the body.
- Worry affects judgment,
 - Lessens our powers of decision making.
 - Renders one progressively incapable of dealing with life.
- Give your best to every situation.
 - And leave the rest to God.

- Ecclesiastes 9:10 (AKJV)

- ***Whatever
your hand
finds to do,
do it
with your might;***

- Worry is blind.
- Worry refuses to learn
the lessons of nature.
- Jesus bids us to look at the birds, and see the bounty which is behind nature, and trust the love that lies behind that bounty.

- Worry refuses to learn the lesson of history.

- The Psalmist cheered himself with the memory of history:

- Psalms 42:6

*My soul is discouraged.
That is why I will remember you...*

- When life is against you comfort yourself with the memory of God.

- Feed on the memory of what God has done in the past and worries about the future will fade away.

- What have you
gone through in life
that you never expected?
- And you are still here,
aren't you?
- You have accomplished
the impossible
and survived.

- **The lesson of life is that somehow**
we have been enabled:
 - To bear the **unbearable**
 - To do the **undoable**
 - To pass the breaking-point
and not to break.
- **And what have we learned?**
- **That worry is unnecessary.**

- Worry is pagan.
- Worry is not caused by external circumstances.
- In the same circumstances one can be absolutely serene, and another worried to death.
- Both worry and serenity come, not from circumstances, but from the heart.

- Isaiah said it long ago:
***"Thou dost keep him
in perfect peace,
whose mind is stayed
on thee: because
he trusts in thee"***
(Isaiah 26:3).

- You remember the famous incident of the Lord's earthly life and ministry when he's sleeping in the stern of the boat on the Sea of Galilee, and the storm was going, and the water started to come into the boat.
- The sea became very boisterous, and the disciples became worried, and they said,

- ***"Master, don't you care that we perish?"***
 - **He said,**
 - **"Where is your faith?"**
- **You've got it somewhere;**
 - **where did you put it?"**

- Worry is not just *a trivial sin.*
- It's one that strikes at the very character of God.

- There may be greater sins than worry,
 - but very certainly there is no more disabling sin.
- "Take no anxious thought for the morrow"***
- That is the commandment of Jesus, and it is the way to peace.

**Doors of the church
are open.**

Spirit & Bride Say

“Come”

Revelation 22:17

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