



## **08.06.17 | How Jesus Speaks to the Cares of Your Soul Matthew 6:25-34**

### **Matthew 6:25-34**

“Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more than food, and the body more than clothes? Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they? Can any one of you by worrying add a single hour to your life? And why do you worry about clothes? See how the flowers of the field grow. They do not labor or spin. Yet I tell you that not even Solomon in all his splendor was dressed like one of these. If

that is how God clothes the grass of the field, which is here today and tomorrow is thrown into the fire, will he not much more clothe you—you of little faith? So do not worry, saying, ‘What shall we eat?’ or ‘What shall we drink?’ Or ‘What shall we wear?’ For the pagans run after all these things, and your heavenly Father knows that you need them. But seek first his kingdom and his righteousness, and all these things will be given to you as well. Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.”

“When I look back on all these worries, I remember the story of the old man who said on his deathbed that he had had a lot of trouble in his life, most of which had never happened.”

- Winston Churchill

### **What Are We Worried About?**

- Real, legitimate concerns – 8%
- Health-related worries – 12%
- Petty, miscellaneous worries - 19%
- Things that happened in the past that can't be changed by all the worry in the world – 30%
- Things that never happen – 40%

“The results lie all around us: the collapse of marriage, the fracturing of the family, the fraying of the social bond, the

partisanship of politics at a time when national interest demands something larger, the loss of trust in public institutions, the buildup of debt whose burden will fall on future generations, and the failure of a shared morality to lift us out of the morass of individualism, hedonism, consumerism, and relativism. We know these things, yet we seem collectively powerless to move beyond them.”

- Jonathan Sacks

### **Three Truths that Help Disarm Worry:**

1. Worry Is Contrary to Common Sense
2. Worry Is an Enemy of Faith
3. Worry Is a Matter of the Heart

### **Philippians 4:6-7**

Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

### **To Kill Our Worries Through Prayer:**

- *Pray continually*
- *Pray specifically*
- *Pray thankfully*

“Prayer does not offer us a less busy life, but a less busy heart.”

- Paul Miller

### **1 Peter 5:7**

Cast all your anxiety on him because he cares for you.