

**Faith: the defense against worry which leads to over commitment**  
**Matthew 6:31-33**  
**6/5/11**

**Scripture Reading:**

Haggai 1:1-11

**Intro:**

-Are you stressed?

-Are you worried?

-“A new national survey by the American Psychological Association (APA) suggests that one third of Americans are living with extreme stress while nearly half believe stress is damaging their health, their relationships, and work productivity, and that it has got worse in the last 5 years.” – Medical News Today

-What is the cause of your stress and worry?

-A quick Google search shows that Americans are stressed over jobs, money, family expectations, etc.

-What is the Biblical Solution for stress?

-In light of last weeks sermon...this is a look at one reason happiness is not in our lives.

-If you missed last weeks sermon...you can go online to [www.wb.com](http://www.wb.com) and listen to that sermon

**Context:**

-Our passage starts in the middle the most famous sermon Jesus ever gave.

-Sermon on the Mount

-Be-attitudes – Matt. 5: 1-11

-Living as salt and light – Matt. 5:13-16

-Fulfillment and clarification of the Law – Matt. 5:17-48

-Murder – Matt. 5:21-26

-Adultery – Matt. 5:27-30

-Divorce – Matt. 5:31-37

-Eye for an eye – Matt. 5:38-42

-Loving your enemies – Matt. 5:43-48

-Living the Christian life properly – Matt. 6

-Needy – Matt. 6:1-4

-Prayer – Matt. 6:5-15

-Fasting – Matt. 6:16-18

-Treasure in Heaven – Matt. 6:19-24

-Command not to worry – Matt. 6:25-33

**Matthew 6:31-33:**

-<sup>31</sup> So do not worry, saying, ‘What shall we eat?’ or ‘What shall we drink?’ or ‘What shall we wear?’

-Worry – to be anxious, distracted, choked out

-Luke 10:38-42 -- <sup>38</sup> As Jesus and his disciples were on their way, he came to a village where a woman named Martha opened her home to him. <sup>39</sup> She had a sister

called Mary, who sat at the Lord's feet listening to what he said. <sup>40</sup> But Martha was distracted by all the preparations that had to be made. She came to him and asked, "Lord, don't you care that my sister has left me to do the work by myself? Tell her to help me!" <sup>41</sup> "Martha, Martha," the Lord answered, "you are worried and upset about many things, <sup>42</sup> but few things are needed—or indeed only one. Mary has chosen what is better, and it will not be taken away from her."

-Luke 8:14 -- The seed that fell among thorns stands for those who hear, but as they go on their way they are choked by life's worries, riches and pleasures, and they do not mature.

-Philippians 4:6 -- Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God.

-“quote about worry”

-Eat, Drink, Wear

-The basic needs of life...and everything else

-Refers back to vs. 25, “life”

-Life here refers to full perspective of life physically, spiritual, mentally.

<sup>32</sup> For the pagans run after all these things, and your heavenly Father knows that you need them.

-Pagans – Gentiles (ESV), Speaking of people out side of the blessing of God, unbeliever

-live with our divine resources, live in fear, live like the world (MacArthur)

-Run after – desire, enquire, seek after; to search (inquire) for; intensively, to demand, to crave

-Acts 13:6-7 -- <sup>6</sup> They traveled through the whole island until they came to Paphos. There they met a Jewish sorcerer and false prophet named Bar-Jesus, <sup>7</sup> who was an attendant of the proconsul, Sergius Paulus. The proconsul, an intelligent man, sent for Barnabas and Saul because he wanted to hear the word of God.

-Philippians 4:17 -- Not that I desire your gifts; what I desire is that more be credited to your account.

-The father knows

-The Heavenly father is all knowing! He knows our needs, wants, and desires!

He will give exactly what we need in order for us to grow and become more like him... do you trust he can do this?

<sup>33</sup> But seek first his kingdom and his righteousness, and all these things will be given to you as well.

-Seek – to seek (literally or figuratively); specially, (by Hebraism) to worship (God), or (in a bad sense) to plot (against life) -- be (go) about, desire, endeavour, enquire (for), require, (X will) seek (after, for, means).

-Matthew 7:7 -- “Ask and it will be given to you; seek and you will find; knock and the door will be opened to you.

-It describes what you are living for...

-Hebrews 11:6 -- And without faith it is impossible to please God, because anyone who comes to him must believe that he exists and that he rewards those who earnestly seek him.

-“Many Christian people miss so many blessings in this life because they do not seek God diligently. They do not spend much time in seeking His

*Face. ... The Christian is meant to be seeking the face of the Lord daily, constantly. He takes and makes time to do so.” – Llyod-Jones*

-Are you seeking his face?

-First -- before, at the beginning, chiefly (at, at the) first (of all).

-Notice it doesn't say "seek only", but rather seek first.

-Please do not take this command to mean that we are to only seek after Christ and forget about our responsibilities

-In no way am I promoting laziness, carelessness, etc

-What is his kingdom and righteousness?

-his kingdom

-eternal things, his people, and Him

-*"We should seek that which is eternal" – MacArthur*

-Matt. 6:10a -- your kingdom come

-Acts 20:22-24 -- <sup>22</sup> "And now, compelled by the Spirit, I am going to Jerusalem, not knowing what will happen to me there. <sup>23</sup> I only know that in every city the Holy Spirit warns me that prison and hardships are facing me. <sup>24</sup> However, I consider my life worth nothing to me; my only aim is to finish the race and complete the task the Lord Jesus has given me—the task of testifying to the good news of God's grace.

-his righteousness

-*"Chase holiness—pursue it." – MacArthur*

-Is holiness and intentional thing in your life?

-Do you practice disciplines that will lead to holiness (scripture reading, prayer, coming to church with an intent to learn, fellowship with believers, etc)...because our default setting is to go away from holiness and to please self.

-And all these things will be given to you as well.

-Referring back to 31 which was referring back to 25

-GOD IS IN CONTROL!! (I am not sure how much clearer I can put that)

-He knows what is best for you!

-Live like it!

-it is a matter of faith

-*"you of little faith?" – Matthew 6:30*

-*"All of us have to admit that worry is a part of life. It is a favorite pastime of most people. It occupies there thinking for a great portion of their day. However, worry is a very dangerous thing—it takes a severe toll on people. But far beyond the psychological effect is the fact that the Bible says that worry is a sin for the child of God. Worry is the equivalent of saying, "God, I know You mean well by what you say, but I'm not sure You can pull it off. Worry is the sin of distrusting and promise and the providence of God—yet we do it all the time." -- MacArthur*

-it is interesting how we trust God to save us from eternal damnation, but we struggle to trust him with the day to day elements of our lives

## Getting Practical:

- What are the ways we can test and see if we are stressed or worried?
  - Are you resorting to escape mechanisms?
    - Alcohol, tobacco, over eating, over spending, etc
  - One way it will show up in our lives, and is an epidemic in our culture is through over-commitment and *busyness*
    - Are we too busy!?
      - High-School students are involved in many extra curricular activities including but not limited too: sports, band, choir, clubs, year book staff, national honor society, etc...to get into a good college
      - College students are going to school full time, working many hours a week, and still fitting in time for social activities, clubs, volunteer hours, etc... have a good resume
      - Adults are work more and more, and if they have families, they are spending time, running kids to their activities...to get ahead, and give the kids the best opportunities
      - Retired people are busy doing all the things they never had time to do while they were working; plus grandkids, etc...to make up for lost time
- Do you ever stop and ask the question why?
  - We come up with all kinds of answers...but really a lot of times, if we are honest, it is because we not seeking the Lords will but ours, and we really don't believe God is in control and knows what is best for us
    - How can I make come to that conclusion?
      - Because often times the many responsibilities prevent us from having time to holiness! And the Lord will never call you to something that will prevent that.
  - How do you evaluate and answer the question why?
    - Why is it that we continue to add more and more to our lives?
    - What gets cut first? What should get cut first?
      - Wish I could tell you but there is no formula.
      - Psalm 37:4 -- Take delight in the LORD,  
and he will give you the desires of your heart.
  - By no means am I advocating laziness, irresponsible, carefree, undisciplined attitudes, but is there a middle ground
  - We get distracted and loose focus on where we are going and before we know it we are not only strayed off the path but we have so much in front of us we can even see where the path is!
- We often, in a negative tone, say our lives are like a 3 ring circus...but a well done circus is one of the most amazing things you will see in life...so maybe its that fact that your life is like a poorly run circus! God, the owner, has given you, the circus master, control on what to do in our circus. Is Christ still the main event? Or have you let the clowns take over? – Aaron Hedges

*-“Put God, his glory and the coming of his kingdom, and your relationship to hi, your nearness to Him and your holiness in the central position, and you have the pledged word of God through the lips of His Son, that all these other things as they are necessary for you well-being in this life and world, shall be added unto you. That is the way to increase your faith. Be unlike the heathen; remember that God knows all about you as your father and is watching over you. Therefore seek to be more like Him and live your life nearer to Him.” -- Lloyd-Jones*

*-“To worry about material things is to live like the heathen! If we put God’s will and God’s righteousness first in our lives, He will take care of everything else. What a testimony it is to the world when a Christian dares to practice Matthew 6:33! What a tragedy it is when so many of us fail to practice it.” -- Wiersbe*

**So What:**

- 1) How are you living?
  - Like a pagan or a Christian?
- 2) Are you seeking his face?
  - Is it an intentional part of every day!