

HOW TO WIN OVER WORRY

MATTHEW 6:25-33

Big Idea: The temptation to worry is a summons to prayer.

1.) Worrying is **prohibited** (v. 25).

-- Jesus is here ordering us not to worry about the stuff of earth.

2.) Worrying is **pointless** (v. 27).

-- A life of worries reveals an immature understanding of the sovereignty of God.

Application

1.) Pray for **perspective** (v. 25b-26, 28-30).

-- To lose sleep over circumstances is to lose sight of **salvation** (John 3:16, 1 John 3:1, Matthew 6:7).

-- To live in anxiety is to live like God cannot be trusted.

-- When anxiety weighs upon your heart, pray with passion for a dose of heavenly perspective (Ephesians 1:17-19, Colossians 3:1-3).

2.) Pray as a **child** to your **Father** (v. 31-32).

-- We are told not to be anxious about our circumstances on earth because we are now children of God.

3.) Seek **first** the kingdom of God (v. 33).

-- This passage consists of Jesus directing us to want for ourselves what God wants for us, and the one thing God wants us all to have is all of Himself.

-- Let us be recklessly **dependent** upon God and, through earnest prayer, let us give Him the chance to do among us what only He can do among us.

-- Let us stop worrying about this life is to get serious about living for the next!