

The Disciple's Security

(Matthew 6:19)

- Introduction:
1. As with all sins, some people struggle with a particular wrong while others are not bothered by it at all.
 2. I must confess that worry is one I struggle with more than some of the other sins.
 3. And yes, I said sin, because the Bible clearly teaches us that worry is a sin (Matthew 6:25; Philippians 4:6).
 4. Psychology sometimes offers little gimmicks or techniques, but the fall miserably short of the instruction and help God has offered us.

I. How To Refrain From Worrying

- A. Jesus offers us five things to think about in order to avoid the worry-trap.
1. What is really important in life?
 - a. (v. 25) "Is not life more than food, and the body more than clothing?"
 - b. Live your life in God's ever abiding presence.
 - c. Acknowledge what is yours and the blessings that belong to you.
 2. How much control do you have over those things that worry you?
 - a. (v. 27) "Which of you by worrying can add one cubit to his stature?"
 - b. (Philippians 4:7) Experience and trust in God's peace.
 - c. Develop poise when faced with adversity and let the trial be a testimony to your faith in Christ.
 3. How are others faring in worse circumstances than mine?
 - a. (vs. 26,27) Look at the birds of the air...consider the lilies of the field...Are you not of more value than they?"
 - b. Understand that God values you.
 - c. He's promised that all things will work together for good (Romans 8:28).
 4. Isn't it best to live day by day?
 - a. (v. 34) "Do not worry about tomorrow."
 - b. Worry is useless. It changes nothing.
 - c. Most of what we worry about has already happened and we can't change it, or it hasn't happened and probably won't.
 5. Isn't God big enough to handle whatever the situation is?
 - a. (vs. 25-34).
 - b. Develop a prayer-life (1 Thess. 5:17).

- Conclusion:
1. Bottom line: Worry is a faith issue. It's a matter of trusting God, our Father, to take care of us.
 2. If your trust in God is not where it should be, open your Bible and get to know the faithfulness of the God you serve.