Why Are You So Worried?

Mark Roberts · Matthew 6:25–34 · Series: **Meeting with Mark Roberts**

INTRODUCTION

- Jesus says, Therefore, I tell you, do not be anxious about your life, what you will eat or what you will drink, nor about your body, what you will put on.
- The stress and anxiety and worry of day-to-day living is literally killing people.
- Jesus is talking about the sort of worry that leads us away from trust in God, even to the place where we're in sin.

1 We Don't Recognize How Good and Generous God Is

Matthew 6:26–30; Philippians 4:11–12

- One of the reasons we worry so much is because we just don't recognize how good and generous God really is.
- If God will do all that for birds and for flowers, what do you think he'll do for you?
- The things that God gives to us, to you and to me, often come through others or even through our own effort, but it's still God who blesses us.
- I have learned in whatever situation I am to be content.
- Instead of whining about what we don't have, what we need to do is count our blessings.

2 If We Live Like Gentiles, We Will Worry

Matthew 6:31–32; Isaiah 6:1–8; Psalm 19:14

- These Gentiles, these pagans, they're the folks who don't know about God. They don't care about God. And as a result, they don't worship God.
- We know the Lord. We worship the Lord. And that worship ought to have a transforming effect in our lives.
- When we worship God, what we're doing with the eye of faith is we're seeing God.
- Worship is for the Lord. It's about God. He's the one that says thumbs up or thumbs down.
- Jesus says if we live like Gentiles, we will worry like the Gentiles do.
- We've got to stop trying to make worship into something that entertains us.

3 Seek First the Kingdom of God

Matthew 6:33–34; 2 Corinthians 11:28

- Seek first the kingdom of God and his righteousness, and all these things will be added unto you.
- What is it, young people, that you're seeking first?
- What we're seeking is to build our own kingdom.
- We are worried that our kingdom will not be built as fast as we want it built.
- We're worried about our own kingdom, not the kingdom of God.

MY NOTES