

# Winning the War over Worry (Matthew 6:25-34)

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The present news as it relates to the economy and its effect on us personally has caused a greater level of anxiety and worry for many.

In Matthew Jesus tells us not to worry and He makes four arguments as to why we shouldn't:

1. *Is not life and body more important than food and clothing* (Matt. 6:25)? If God is powerful enough to create life, isn't He also able to provide food and clothing to sustain that life?
2. *Look at the birds of the air; are you not more valuable than they* (Matt. 6:26)? Through His providential workings in nature, God provides for their needs and He will for us too.
3. There are many things in this life which we cannot affect by "worrying" such as growing taller or living longer (Matt. 6:27).
4. *Consider the lilies*, won't God provide for you also (Matt. 6:28-30)? Without any "toil" on their part their glory surpasses Solomon in all his glory through God's providential care! If God is able to so clothe the grass of the field is He not ABLE and WILLING to do so for us?

**IF WE WORRY about such things**, we show "little faith" in God's promise to care for us and His power to deliver on that promise (Matt. 6:30)!

To truly win over worry, we need to seek first the kingdom of God and not worry about tomorrow (Matt. 6:33-34). Today has enough trouble with which to concern ourselves. We have no control over the future and worrying about the future only distracts us from our duties of the present. Trust God to take care of tomorrow! Let your undivided attention be given to seeking God's rule in your life and making His kingdom the number one priority in your life.

I am convinced that God will provide and through faith we can win over worry.

For the elders,  
Gregg Woodall