

An aerial photograph of a vast, flooded landscape under a bright blue sky with scattered white clouds. A long, straight dirt road runs vertically on the left side of the frame, with a few small vehicles visible. The water is a deep blue-grey color, reflecting the sky and the surrounding greenery. The text "HOW TO OVERCOME WORRY AND FEAR." is centered in the middle of the image in a white, serif font. Below it, the text "MATTHEW 6:25-34 NIV" is also centered in the same font. There are decorative yellow and blue diamond shapes in the top right and bottom left corners, respectively.

HOW TO OVERCOME WORRY
AND FEAR.

MATTHEW 6:25-34 NIV







MATTHEW 6:25-34 NIV

HOW TO OVERCOME WORRY AND FEAR.

25 “Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more than food, and the body more than clothes?

²⁶ Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they? ²⁷ Can any one of you by worrying add a single hour to your life? ²⁸ “And why do you worry about clothes? See how the flowers of the field grow. They do not labour or spin.

29 Yet I tell you that not even Solomon in all his splendour was dressed like one of these.

30 If that is how God clothes the grass of the field, which is here today and tomorrow is thrown into the fire, will he not much more clothe you—you of little faith? 31 So do not worry, saying, ‘What shall we eat?’ or ‘What shall we drink?’ or ‘What shall we wear?’

32 For the pagans run after all these things,
and your heavenly Father knows that you
need them. 33 But seek first his kingdom and
his righteousness, and all these things will be
given to you as well. 34 Therefore do not
worry about tomorrow, for tomorrow will
worry about itself. Each day has enough
trouble of its own.

• Introduction

- Last week we looked at how one can find calm or peace amidst storms, because when storms come, they rob our peace, faith and so much more, leaving us with worry and fear. We saw how Jesus was able to reassure his disciples by calming down the storm.
(Mark 4:35-41).

It's interesting because when the disciples reached on the other side after the storm, they encountered a demon possessed man (*Mark 5:1-20*). Now if you thought that the storm was tough, think of the demons. When we face these things in our journey, they leave us shaken and worried.

- **Quote:** John maxwell said, “**Feed your faith and starve your fears**”. Its not easy, but its possible. Today I am here to remind us that we can overcome our worries and fears especially during this season when floods are displacing some of our people and inflation is pushing the interest rates up.

The presence or absence of worry and fear measure our trust in God. As believers, we aspire to a single focus on God and a loyalty toward Him.

In this passage, Jesus taught that worry and fear is unproductive. Worry and fear keeps us from fulfilling the kingdom purposes to which He (God) has called us. God uses all situations to accomplish His purposes, and He wants us to trust Him and join Him in that.

1) We can overcome worry and fear by understanding how valuable we are in God's sight. (Matthew 6:26).

a) Live like someone valued by God.

b) We are valuable in God's sight because of who we are.

c) We are made in God's image, according to His likeness (*Genesis 1:26*). A long time ago, even before God created man and before He created this universe, we were the focus of His love. "*He chose us in Him before the foundation of the world, that we should be holy and without blame before Him in love*" (*Ephesians 1:4*).

d) If you look at this verse, *Matthew 6:26*, Jesus said; “²⁶ *Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they?*”

e) You know, worldly self-esteem bases your value on appearance, possessions, and accomplishments. Whether high or low, this kind of esteem is prideful, focuses on self, and doesn't add value to your life. It minimizes your potential for growth and influence

f) Because your appearance can change, your possessions and accomplishments can come to an end.

g) If you are a believer who wants to be a leader, you must live as someone valued by God.

h) How can we grow in understanding our value in God?

2) We can overcome worry and fear by seeking God's Kingdom first. Verse 33. *But seek first his kingdom and his righteousness, and all these things will be given to you as well. (6.33)*

a) What's God's Kingdom? Josh states that, "God's kingdom is the reign of Jesus, the realm where Jesus' authority is acknowledged and obeyed. To seek God's kingdom is to desire Jesus' rule to be recognized and obeyed in three realms:

1) within our own life, 2) in our circle of immediate influence, and 3) as far around the world as we can reach. (*Josh Waltz*)'

b) Seeking God's righteousness includes the conquering of sin in our lives and replacing it with righteous acts and attitudes. We must pursue the fruits of the Spirit—love, joy, peace, longsuffering, mercy, etc. We must pursue righteousness by serving and discipling other believers.

c) Martha and Mary from Luke 10:40-42

- 40 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!” 41 “Martha, Martha,” the Lord answered, “you are worried and upset about many things, 42 but few things are needed—or indeed only one.[a] Mary has chosen what is better, and it will not be taken away from her.”

3) We can overcome worry and fear by living a day at a time. (6:34).

a) What does it mean to live one day at a time

To “live one day at a time” is to focus on the present moment, and not have to worry or fear about the past or future.

Conclusion:

What is the difference between concern and worry?

What are the things that you commonly worry about?

How is God calling you to focus more on eternal matters?