

## SERMON OUTLINE

**SERMON TITLE:** A Word for Worriers

**SERMON REFERENCE:** Matthew 6:25-34

**LWF SERMON NUMBER:** #5787

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1) INTRODUCTION

- a) All of us worry more than we should.
- b) We should not worry at all according to Matthew 6:25-34.
  - i) These are the words of Jesus, not of psychologists.
  - ii) In verse 25, Jesus said that we should take no thought.
    - (1) In the Greek, this does not mean that we are not to literally think.
    - (2) The idea is of anxious or worrisome thought.
- c) Worry is a serious problem that we all face.
  - i) In some way or another, we worry.
    - (1) The ignorant worry that they know so little.
    - (2) The educated are concerned that they know so much.
    - (3) The poor fret and worry because they do not have any money.
    - (4) The rich fret and worry because they have assets and are afraid someone is going to take them away.
    - (5) The old worry because they are facing death and the sunset of life.
    - (6) The young worry because they are facing an uncertain future.
  - ii) Worry is built into human nature.
- d) In Matthew 6:25, 31, and 34, our Lord tells us not to worry.
  - i) In these verses, the word “worry” or “anxious thought” has the idea of division, being pulled apart, or being double-minded.
    - (1) James tells us that a double-minded man is unstable in all of his ways.
      - (a) James 1:8
- e) Matthew 6:34
  - i) When Jesus said to take no thought for the morrow, He was not saying that we are to live careless lives that do not consider the future.
    - (1) To the contrary, Jesus wants us to consider the future and to prepare for death and after death.
      - (a) Before someone goes to war, they ought to decide whether or not they have enough to fight the battle.
        - (i) Luke 14:31
      - (b) If we go to build a tower, then we ought to consider whether or not we have enough to finish the tower.
        - (i) Luke 14:28
- f) Jesus is not against planning.
  - i) He is not against looking toward the future and doing as we ought to make ready for the future.
- g) What He warns against (has forbidden) is to worry about the future.
  - i) God does not merely tell us not to worry, but He tells us how not to worry.
  - ii) If He simply told us not to do it and we were not able to do it, then that would just increase our worries.
- h) The cause of our worry:
  - i) We worry about finances.
    - (1) Matthew 6:24

- (a) In this verse, “mammon” is a word for the god of riches, the god of wealth.
- (2) We can't put money first.
- (3) When we worry about money, it is a way of making money our god rather than God our God.
- ii) We worry about food.
  - (1) Matthew 6:25-26
    - (a) It is foolish to worry about food.
      - (i) God feeds the fowls of the air.
        - 1. Isn't He going to feed you?
    - (b) There was a wonderful logic about Jesus' teaching.
      - (i) The inference is what farmer would feed his chickens and starve his own children?
    - (c) He is not saying that we ought not to work for food.
      - (i) The chickens scratch for their food.
      - (ii) God is not going to throw worms in the nest.
        - 1. The birds have to go out and get them, but God feeds them.
- iii) We worry about fashion.
  - (1) Matthew 6:25
    - (a) Many worry about the clothes that they are going to wear.
  - (2) Matthew 6:28-29
    - (a) If God puts beautiful robes on the flowers that fade, then how much more will He take care of us?
- iv) We worry about fitness.
  - (1) Matthew 6:27
    - (a) Commentaries say that this passage does not primarily refer to height, but it refers to length of life.
    - (b) We are not going to increase our lifespan by worry.
  - (2) The Bible is not against exercise, diet, vitamins, or proper rest.
  - (3) Worry will not lengthen our lives; it will shorten them.
    - (a) We can worry ourselves to death.
- v) We worry about the future.
  - (1) We are more prone to worry about this than anything else.
  - (2) Matthew 6:34
- i) The best we can say about worry is that it is useless.
  - i) Most of the things we worry about never come to pass.
  - ii) Worry has a way of capturing us unnecessarily.
- j) The cost of worry:
  - i) We are told to fret not.
    - (1) Psalms 37:1
    - (2) Psalm 37:7-8
  - ii) Matthew 6:27
  - iii) The best that we can say about worry is that it is absolutely useless.
    - (1) It never solved a problem.

- (2) It never lifted a burden.
- (3) It never dried a tear.
- (4) It has been said that there are two categories of things we should never worry about:
  - (a) Things that we can do something about.
    - (i) If we can do something about it, then don't worry about it; do it.
  - (b) Things we cannot do anything about.
    - (i) If we cannot do anything about it, then worry is not going to change it.
- iv) Worry is harmful.
  - (1) Worry is harmful to us physically.
    - (a) It will do the same thing to someone physiologically that sand will do to machinery.
    - (b) Little things that nag at us seem to pull us down.
  - (2) Worry is harmful to other people.
    - (a) It can be difficult to be around those who worry all the time.
    - (b) There are individuals that when they walk into a room, it is like someone turned off the lights.
      - (i) They brighten up the room when they leave it.
        - 1. These people need our pity and our love.
- v) Worry is a wound in the heart of God.
  - (1) Matthew 6:30
  - (2) A little faith is an insult to God.
  - (3) We may say nice things about someone; but if we say that they are not trustworthy, then we cut the taproot of their character.
    - (a) We can say that God is good and God is great.
    - (b) But if we don't believe or trust Him, then the Bible says that we make Him a liar.
      - (i) 1 John 5:10
  - (4) Worry says that we don't believe Romans 8:28 is true.
  - (5) Worry is an insult to the face of God.
  - (6) Worry says to our Heavenly Father that we think this thing is too big for Him.
    - (a) It says that we believe that He can't take care of us.
  - (7) Matthew 6:30-32
    - (a) We act like pagans when we worry.
      - (i) Worry is pagan.
      - (b) In verse 32, the word "Gentiles" is talking about the pagans.
      - (c) That is the way the people of this world think.
- k) It is the hallmark of small faith when we worry.
- l) Worry is faith turned inside out.
- m) In today's message, we will discuss three factors that will help us with worry.

2) THE FATHER FACTOR

- a) Matthew 6:32
- b) God is our Heavenly Father.
- c) God has an obligation to us.
  - i) When someone brings a child into this world, they have an obligation to take care of that child.
  - ii) God will never be accused of child neglect.
- d) God did not create us, bring us into this world, and redeem us in order to forsake us.
  - i) Romans 8:32
  - ii) God loved us enough to send Jesus to die for us.
    - (1) John 3:16
- e) Matthew 10:29
  - i) God attends the funeral of a sparrow.
    - (1) Not one sparrow falls but what He knows about it.
  - ii) If God takes care of the birds, then He is going to take care of us.
    - (1) Put your trust in Him.
- f) He will not abandon us.
  - i) The Bible says that when father and mother cast us off, then will the Lord take us up.
    - (1) Psalm 27:10

3) THE FOCUS FACTOR

- a) The focus factor is to focus on the will of God.
- b) Matthew 6:33
  - i) What things?
    - (1) Finances, food, fitness, and fashion.
  - ii) We are to put God first.
    - (1) God will not work in second place.
- c) Worry is the symptom that tells us that we have things out of focus.
  - i) We are focusing on the wrong things.
  - ii) We are not focusing on the Father.
- d) Trust Him enough to take care of His business, and He will take care of ours.
  - i) God is more able to take care of the things of life than we are.
- e) Most of us feel that if we put God first, then we will be neglecting things; and the things may slip away from us.
  - i) That is wrong.
  - ii) That is a lack of faith.
- f) God is the source of everything.
  - i) It is not up to us to conserve the things that we have.
    - (1) They can slip away.
      - (a) Riches have wings; they fly away.
      - (2) Not only can they leave us, but we can also leave them.

- (a) Then, whose shall those things be which we have provided for ourselves?
- g) How do we not worry?
  - i) See God as our Father.
    - (1) Our Heavenly Father knows what things we have need of.
      - (a) Matthew 6:32
      - (2) He is our Father.
      - (3) He brought us into this world.
    - ii) Psalm 37:25
  - h) This is not to say that these other things are not important.
    - i) God knows what things we have need of.
      - (1) He knows we need food.
      - (2) He knows we need clothes.
      - (3) He knows we need recreation.
      - (4) He knows when we need sleep.
      - (5) He knows when we need fun.
    - ii) God is good all the time.
- 4) THE FUTURE FACTOR
  - a) Matthew 6:34
  - b) God has arranged our lives with a sort of an ecology.
    - i) God sits at master control.
    - ii) He plans the events that will come to us.
      - (1) If He doesn't cause them, then He allows them.
  - c) God allows (He engineers) for us difficulty every day.
    - i) Some days are more difficult than others.
    - ii) The Bible calls it "evil."
      - (1) Matthew 6:34
        - (a) The word "evil" here does not mean "sin."
          - (i) It means "difficulty."
            - 1. Like we would say, "That is an evil smell."
            - 2. It means "vile," "difficult," or "problem."
      - iii) In the Garden of Eden, God told Adam and Eve that the ground was cursed for their sake.
        - (1) Genesis 3:17
        - (2) Not for their punishment, but for their sake.
      - iv) The worst thing that could happen is that sinful people, such as we, would live lives without trouble.
        - (1) We would never seek God.
        - (2) God gives us enough trouble every day to cause us to turn to Him and get the grace.
    - d) God gives us sufficient grace for today's problems.
      - i) He doesn't give us grace for tomorrow's problems.
      - ii) God says that as our days are, so shall our strength be.

- (1) Deuteronomy 33:25
- (2) God doesn't give us strength today for tomorrow's problems.
- iii) Matthew 6:34
- e) If we take things that belong to tomorrow and bring them into today (this is not talking about planning but about concern, worry, anxious thought), then we reach out to tomorrow and borrow problems.
  - i) We bring them over to today.
    - (1) We call this borrowing trouble.
    - ii) If we borrow trouble, then we will find the interest is very high.
  - f) The high cost of borrowed trouble:
    - i) It buries blessings.
      - (1) It makes it more difficult for us to see today's blessings.
      - (2) Worry does not take the sorrow out of tomorrow.
        - (a) Worry takes the joy out of today.
      - (3) There are plenty of blessings today.
        - (a) But if we go out into tomorrow and begin to worry about things that God does not intend for us to worry about and bring that into today, then it is going to make us blind to blessings today.
          - (i) We will not see all the blessings that we have.
    - ii) It steals strength.
      - (1) God does not give us strength today for tomorrow's problems.
        - (a) Deuteronomy 33:25
      - (2) God promises strength for today.
      - (3) Worry saps strength.
      - (4) Worry is wasted energy.
      - (5) Worry doesn't get us ready for tomorrow.
        - (a) It doubles up the load today so that when we get to tomorrow, we get to tomorrow out of breath.
      - (6) The Bible says that God knows our frame.
        - (a) Psalm 103:14
        - (b) He knows how much we can bear.
          - (i) He will not put more on us than we can bear.
            - 1. But we can reach out into tomorrow and try to carry loads that God did not give us strength for.
      - (7) Matthew 6:34
    - iii) Worry produces problems.
      - (1) Worry can produce the very things that we are worried about.
        - (a) Job 3:25
      - (2) Tomorrow has two handles:
        - (a) Fear
        - (b) Faith
          - (i) We can take it by either handle.
      - (3) The Bible says that fear has torment.
        - (a) 1 John 4:18

## 5) CONCLUSION

- a) What do we do?
  - i) There is the Father factor.
    - (1) God is our Father.
    - (2) He knows what we have need of.
    - (3) It is an insult to Him and a wound in His heart when we worry.
  - ii) There is the focus factor.
    - (1) Seek the Kingdom of God with all of your heart, and trust God to add these things to you.
  - iii) There is the future factor.
    - (1) Leave the future in God's hands.
    - (2) "Sufficient unto the day is the evil thereof."
      - (a) Matthew 6:34
- b) The Bible says that your Heavenly Father knows what you have need of.
  - i) Matthew 6:32
- c) If you are not saved, then He is not your Heavenly Father.
  - i) He is only the Father of those who have been born into His family.
- d) You are born into His family when you receive Jesus Christ as your personal Savior.
- e) John 1:11-12
- f) When you receive Jesus, you become a child of God.
- g) If you would like a Heavenly Father to watch over you, to take care of you, and to bring you into Heaven, then you need to receive Jesus as your personal Savior.
- h) Do you know Jesus personally? If not, you can pray to Him today by asking Him to come into your life.
- i) Call upon Jesus today. Repent (turn) from your sins, and turn to Jesus. Ask Him to forgive you of your sins, and acknowledge Him as Lord of your life.
  - i) Romans 3:23
  - ii) Romans 10:9-10
  - iii) Romans 10:13
  - iv) Acts 16:31
  - v) John 3:16