

Title: HOW TO HAVE VICTORY OVER WORRY

Text: Matthew 6:25-34

Intro: The word "**worry**" is not found in the King James Bible but the concept and teaching is found very clearly in the phrase "**taking thought**" – which convey the idea of worrying. It means our thinking is divided resulting in an inability to focus & function properly. If my thoughts are on what will happen tomorrow or the next day, I cannot concentrate on what I need to be doing today.

I. THE CAUSES OF WORRY

- A. Death** – ours or the death of others
- B. Guilt** – over what we've done or what we should have done.
- C. Problems** - anything that cause us to worry or despair.

II. THE ERROR OF WORRY

A. Worry keeps us from enjoying what we have (v.25).

- 1.** Worry focuses our attention on what we don't have now.
- 2.** As a result we miss out on the enjoyment of things we have been provided with in the present.
- 3.** It causes us to assume a responsibility that isn't ours.

B. Worry makes us forget that God cares for us (v. 26).

- 1.** Worry makes us forget that God is our Heavenly Father.
- 2.** If God cares for birds, He certainly will meet our needs.

C. Worry is completely useless (v.27-29).

- 1.** It cannot help us at all, period!
- 2.** In fact it can hurt us mentally and emotionally.
- 3.** It will never make our circumstances better.

D. Worry causes us to forget God's promises (vv.30-32).

- 1. Phil. 4:19** – God's love for man motivates Him to care for those who walk with Him.
- 2. Rom. 8:38-39** – nothing can separate us from God's love.
- 3.** Worry makes a liar out of God & His word.

E. Tomorrow can take care of itself (vv. 33-34)

- 1.** If we focus on what is most important, God will take care of our needs. We are to seek God and His righteousness – getting right & living right before Him is our first priority!
- 2.** Learn to live one day at time. Let each day's trouble be enough for that day. Don't borrow the trouble of the future for the present or you will be overwhelmed.

III. THE OVERCOMING OF WORRY

A. Claim the presence of God in your life.

1. We can have faith in God for salvation.
2. We can have faith in God for our daily walk with Him.

B. Stay in the word of God and learn of His faithfulness.

1. Note the example of David. As he faced the giant Goliath, he remembered God's faithfulness to him.
2. God never changes. We can always count on Him no matter what changes in life we have (**I Sam. 17:37**).
3. Note David's situation in **Psalms 3:1-8**
 - a. Absalom was leading a revolt against David.
 - b. In **vv.1-2** David speaks how that others claim that God can't help him.
 - c. In **vv. 3-8** David talks of God's faithfulness to deliver him.

C. Maintain communication with God (Phil 4:6-7)

1. Note that in these two verses there are also two very important defenses against worry.
2. The first is our communication to God, our prayers to Him. "**...let your requests be made known unto God...**"
3. The second is God's communication to us or the answer to our prayers. "**...the peace of God ... shall keep your hearts and minds through Christ Jesus.**"

Conclusion: Beloved, the choice is ours. In times of difficulties in life, we can exercise either of two things: **FEAR or FAITH?** We can choose to worry and fret over things that are out of our control or we can exercise complete faith and trust in God.

Are you trusting in Him this very hour? Or are you allowing the enemy to rob you of your joy and peace that is in Christ Jesus? Are you fearful of things that you have no control over? Friend, come to Jesus now, repent of your sins and seek his pardon and cleansing for your soul. When you accept Jesus by faith, He promises never to leave you nor forsake you, 100% guaranteed!

(Mark 11:22) "And Jesus answering saith unto them, Have faith in God."

(II Tim. 1:7) "For God hath not given us the spirit of fear; but of power, and of love, and of a sound mind."