

“Trust God”
November 20, 2022
Matthew 6:25-34

I. Introduction

Sometimes when we read Scripture, like in some of Jesus’ parables or the Book of Revelation, the theme or point isn’t particularly obvious. But in today’s Scripture Jesus didn’t beat around the bush—His point—actually His command—was **“Don’t Worry—Trust God.”** It’s common knowledge that worry causes a lot of physical ailments including loss of sleep, disabling headaches, stomach ulcers—even some heart issues are caused by worry. Corrie ten Boom put it this way, *“Worry doesn’t empty tomorrow of sorrows; it empties today of strength.”* Some else has said, *“Worry is a thin stream of fear that trickles through the mind, which, if encouraged, will make a channel so wide that all other thoughts will be drained out.”* Worry is more than concern; it is an intense feeling of anxiety about issues of life.

Jesus wasn’t saying that one shouldn’t take care of himself or his family. In **Proverbs 6:6-8**, the sluggard or lazy person is told to take a lesson from the ants that work hard and gather for the winter. As we read last week in **1 Timothy 5:8** Paul wrote, **“If anyone does not provide for his relatives, and especially for his immediate family, he has denied the faith and is worse than an unbeliever.”** What Jesus was saying is that being anxious or worrying even about the necessities of life is wrong. In today’s Scripture, Jesus gave four reasons why a Christian shouldn’t worry.

II. Four Reasons not to worry

A. God is your Master. Jesus gave the first reason not to worry in the first word of **verse 25** - **“Therefore.”** **“Therefore”** refers back to what Jesus had just said in **verse 24**, **“No one can serve two masters. Either he will hate the one and love the other, or he will be devoted to the one and despise the other. You cannot serve both God and Money or Mammon.”** Speaking to His disciples that were gathered around Him, Jesus was saying that since they had chosen God to be their Master, there was no reason to worry about their lives: **“What you will eat or drink, or about your body, what you will wear.”**

Jesus was saying that the 1st reason not to worry is that God is your Master. A slave's only responsibility is to serve his master. It is the Master's responsibility to supply all the needs of those who belong to Him—His servants. Worry is a needless activity. To worry is to sin. It is the sin of distrusting the promises and care of God. It is probably the sin Christians commit more frequently than any other.

Worry is the opposite of contentment. Christian contentment is to be found in God and not in things. **Turn to Philippians 4:11-13.** **Romans 8:31** says, “If God is for us, who can be against us?” Christians can be content and not worry because God is the ultimate Master; **God owns everything.** **Psalm 24:1** says, “The earth is the LORD's, and everything in it, the world, and all who live in it.” Everything we have or ever will have belongs to God. He is free to give it away or call it back. **Turn to Hebrews 13:20-21.** Just like a good boss makes sure his employees have what they need to do a job, God will equip His children so that they can do the jobs He has chosen for them to do.

Second, as the ultimate Master, God controls everything. In **1 Chronicles 29:12** David wrote, “Wealth and honor come from you; you are the ruler of all things. In your hands are strength and power to exalt and give strength to all.” **Turn to Daniel 2:19-21.** Do you believe that God is in control? Do your actions show it? Would you stake your life on God's power and God's control? Daniel did. Many years later after he wrote these words, Daniel trusted God's power and wasn't anxious or worried—even when he went against the king's law about praying. **Daniel 6** records that King Darius had Daniel thrown into the lions' den. It's written that the king spent a worried night, but Daniel was safe. Perhaps he even slept while God kept the mouths of the lions shut—he knew God was in control. In **Genesis 50:20**, Joseph told his brothers, “You intended to harm me, but God intended it for good to accomplish what is now being done, the saving of many lives.” As we look around our world, we may not see the plan, but in **Isaiah 55:8-9** God said, “For my thoughts are not your thoughts, neither are your ways my ways. As the heavens are higher than the earth, so are my ways higher than your way and my thoughts then your thoughts.” We don't need to worry—God controls everything.

Christians can be content, without worry because God owns everything, He has everything under control, and **third, God provides everything.** In [Philippians 4:19](#) Paul wrote, “**My God will meet all your needs according to his glorious riches in Christ Jesus.**” In [Genesis 22:14](#), Abraham called Him Jehovah-Jireh, the Lord will provide. God will provide all one’s needs including the basic needs—“**what you will eat or drink, or ...what you will wear.**” Jesus commanded, “**Do not worry about**” these things.

Jesus then asked a rhetorical question, “**Is not life more important than food, and the body more important than clothes?**” Life is more than merely taking care of one’s body. But, in our culture, many people seem to live for their bodies. They pamper it, decorate it, exercise it, the build it up or they slim it down. Taking care of the body is an obsession for many people. But where does life come from? Can just anyone create life? Where does this body come from? Life, this body, everything comes from God, the owner, the controller, and the provider of everything. In [1 Peter 5:7](#) Peter wrote, “**Cast all your anxiety on him because he cares for you.**” Being anxious or worrying shows a lack of trust in God, our Master.

B. God is your Father. In [verse 26](#) Jesus reminded His disciples (and us) that God wasn’t only their Master, He was also their Father; a Father who loves each one of His children with a sacrificial love. Jesus showed the silliness of worry by considering some examples of God’s loving, fatherly care.

1. As a loving Father, He gives Food. Jesus’ first example is an object lesson using birds and food. Birds go through their daily activities: finding food, building nests, feeding their young, but they don’t go through any complicated system to grow or store food—God feeds them. If God cares for lowly birds, won’t He take care of those who are His children?—people for whom Jesus died; people who have places prepared for them in heaven; people who have been given the promises in the Bible—like [Hebrews 13:5](#) which says: “**I will never leave you or forsake you**”? With God as their heavenly Father, Christians just need to trust Him and not worry.

2. He gives Length of life Jesus’ 2nd example of God’s fatherly care has to do with life expectancy—God gives length of life. In their fear and worry over what happens after death, our culture

is obsessed with trying to lengthen life. But worry can't make us live longer—if anything, it makes life shorter. In [Eccl. 5:18](#) Solomon wrote, “Then I realized that it is good and proper for a man to eat and drink, and to find satisfaction in his toilsome labor under the sun during the few days of life God has given him--for this is his lot.” Solomon went on to say that the gift of life is a gift from God, and it is to be used for His purposes, for spiritual and heavenly reasons, not selfish, earthly ones.

3. Clothing Jesus 3rd example of God's fatherly care is another object lesson. This time He used the flowers as He considered clothing. Have you ever gone for a walk in the woods in the spring and seen a carpet of flowers? Have you ever gone to Mitchell Park Domes or to a botanical garden and looked at the flowers there? The flowers make no effort to grow, and they don't design themselves—God does all that. And then, despite their beauty, the flowers are soon gone. They don't last long. Along with the grass of the field “they are alive today and tomorrow are thrown into the fire.” Jesus said that if God is so concerned about the flowers—what they look like; how they grow—even though they have a very short lifespan; how much more concern will He have for His very own children? God gives clothing.

Jesus was saying that by worrying about the things one needs to survive, a person is showing little faith in God. It's as if Jesus was saying, “*You trust God to save you from your sins, to rescue you from Satan's control, to take you to heaven to the place He has prepared just for you and to keep you for all eternity, but you don't trust Him to supply your daily needs.*” Such worry demonstrates a lack of trust of the Father and His promises. In [Psalm 40:4](#) David wrote: “Blessed (or happy or content) is the man who makes the LORD his trust, who does not look to the proud, to those who turn aside to false gods.”

[Turn to Ephesians 1:18-19.](#) God feeds the birds and clothes the lilies. He has power and He will feed and clothe His children. It is our “little faith” that hinders Him from working as He would. He has great blessings for us if only we will yield to Him and live for the riches that last forever—“treasurers in heaven..”

C. God is the object of your faith. Jesus said that another reason Christians shouldn't worry is the object of their faith is God. With that in mind, Jesus said that the pagans—those who don't trust God—

have reason to worry. They have no hope in God or anything else. They have nothing to live for but the present. They pursue things because they think that riches will solve all their problems but no matter what they have, they are still anxious about tomorrow. They have the attitude of the rich landowner in [Luke 12:19](#) who said to himself, "You have plenty of good things laid up for many years. Take life easy; eat, drink and be merry." But in [verse 20](#) God said to him, "You fool! This very night your life will be demanded from you. Then who will get what you have prepared for yourself?" Those without God should be worried, as [Hebrews 9:27](#) says, "Man is destined to die once, and after that to face judgment."

To worry about our physical welfare and clothing is the mark of a worldly mind, and Christians can fall into the same mindset. When one thinks like the world, he will worry like the world because his mind and his faith are not centered on God. When Jesus said in [verse 33](#), "But seek first his kingdom and his righteousness, and all these things will be given to you as well," He was saying that *"Instead of seeking and worrying about food and drink and clothing like unbelievers, children of God—Christians—should focus on God's kingdom and God's righteousness and He will take care of everything else."* God must be the object of every Christian's faith, not "treasurers on earth, where moth and rust destroy and where thieves break in and steal."

To seek God's kingdom is to seek to walk as God would have one walk and to win people into His kingdom, that they might be saved, and that God will be glorified. To seek God's kingdom is to look forward to Christ's return and the establishment of His kingdom on earth. [Acts 20:24](#) records the attitude of one who has faith in God: "I consider my life worth nothing to me, if only I may finish the race and complete the task the Lord Jesus has given me-- the task of testifying to the gospel of God's grace."

D. God controls the future. There is no need to worry since God is your Master; He is your Father; He is the object of your faith; and finally, there is no need to worry because God knows and controls the future. ([James 4:13-15](#)) Worrying about the future is foolish and unproductive. All the worry in the world today can't do anything about the cares and problems of tomorrow. If anything, it robs one of his effectiveness today. It is right to plan for the future and even to save for the future, but it is sin to worry

about the future and to permit tomorrow to rob today of its blessings. Jesus said, “**Tomorrow will worry about or take care of itself,**” because it is in the heavenly Father’s hands. There is enough trouble in each day without adding the distress of worry about tomorrow to it.

III. Conclusion

We may give it any name we want, but worry, anxiety, fear is sin. It shows a lack of trust in God, and it is a form of idolatry. Worry replaces God with fear or despair or hopelessness and turns to one’s own efforts to try to control his environment. Worry about an outcome can consume us. When we are tempted to worry and take things into our own hands, we need to remember and trust these 4 reasons NOT to worry:

A. God is our Master—we belong to Him, and He will take care of us. **Lamentations 3:22-23** says, “**Because of the LORD's great love we are not consumed, for his compassions never fail. They are new every morning; great is your faithfulness.**”

B. God is our Father—He loves us and wants the best for us. **Romans 8:28** says, “**We know that in all things God works for the good of those who love him, who have been called according to his purpose.**”

C. God is the object of our faith—we’ve trusted Him for our eternal life, shouldn’t we trust Him in this temporary life? **Proverbs 3:5-6** says, “**Trust in the LORD with all your heart and lean not on your own understanding; in all your ways acknowledge him, and he will make your paths straight.**”

D. God controls the future—we can’t do anything about the future, but God can. **Isaiah 26:3-4** says, “**You will keep in perfect peace him whose mind is steadfast, because he trusts in you. Trust in the LORD forever, for the LORD, the LORD, is the Rock eternal.**”

The next time you are tempted to worry, go to God, and give Him all your cares. Jesus said in **Matthew 11:28**, “**Come to me, all you who are weary and burdened, and I will give you rest.**” As the author Max Lucado writes, “*God will help you deal with whatever hard things come up when the time comes.*” Instead of worrying, seek His kingdom and His righteousness; then step back and watch God work. In closing, **turn to Psalm 121**. Don’t Worry—Trust God—He’s got this!