

Matthew -Trading Worry for Peace! Matthew 6:25-34 Kid's Sunday July 30th

2023 Theme - Focus On What Matters

Sermon Series - Focus on Righteousness

Sermon Title - Trading Worry for Peace

Sermon Text - Matthew 6:25-34

Sermon Presenter - Pastor Larry

Introduction

(So) ask me why I worship the way that I do
'Cause I've got a reason to
Praise Him like I know I've got nothing to lose
'Cause I've got a reason to

And you might ask me what is the reason to worship when hard times come, when unexpected tragedies strike, when it seems your world is falling apart and you can't catch a break? The reason is this: I've been in those places and God has been faithful to put breath in my lungs so I could keep breathing, sight in my eyes to see through the tears, strength to stand when my knees felt like they were going to give way, and the ability to lift up feeble hands to a faithful Savior who was reaching down to lift me up! Life is precious even in this old world, but make no mistake about it, this world will sometimes attack you to the core. But when we worship anyway, trust anyway, believe anyway, and hold on to His precious promises, then we get through the pain! Some things you never get over, but God helps you get through! We can overcome the discouragement, the disappointment, and the despair! How? By knowing He is walking beside us holding our hand, walking in front of us leading the way, walking behind us watching our back, and flying high above us with His heavenly perspective! And when we can't take another step, He gets underneath us, scoops us up and carries us! Knowing all of that helps me trade my worry for His peace! Let's pray!

Jesus is about to get extremely practical in His sermon on the mount! Listen to what He says in Matthew 6:25-34...

Matthew 6:25 "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?"

Matthew 6:26 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?"

Matthew 6:27 Can any one of you by worrying add a single hour to your life?"

Matthew 6:28 "And why do you worry about clothes? See how the flowers of the field grow. They do not labor or spin.

Matthew 6:29 Yet I tell you that not even Solomon in all his splendor was dressed like one of these.

Matthew 6:30 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?"

Matthew 6:31 So do not worry, saying, 'What shall we eat?' or 'What shall we drink?' or 'What shall we wear?'

Matthew 6:32 For the pagans run after all these things, and your heavenly Father knows that you need them.

Matthew 6:33 But seek first his kingdom and his righteousness, and all these things will be given to you as well.

Matthew 6:34 Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.

Did you see what Jesus did here? He had already told us in the model prayer to ask God to give us our daily bread, and I don't think it's wrong to ask God daily to give us our daily bread. But we are not to worry about our physical provisions and they are not to consume the lion share of our prayer time. That's why Jesus turns the attention right back to the most important daily bread which is to seek first His kingdom and His righteousness! He then tells us not to worry about tomorrow! But how is that even possible, I mean there's so much uncertainty. And I've told you many times, I'm a worrywart bigtime. But I'm learning to trade my worry for His peace! We're going to discover how to do that today!

Remember, the Kingdom of God is where He rules! And remember His greatest desire is to be given the privilege of being the King of your heart! And if He's the King of your heart, you can rest assured that He will meet your physical needs so you can have the physical strength to accomplish His will for your life. But He said we are to seek His Kingdom and His righteousness! That means once we have accepted Jesus as our Savior, we need to make the daily decision to allow Him to be Lord of our attitudes, our actions and our hearts! That means our priorities in life are crucial if we are to find true peace of heart and mind. Remember that Jesus had just said...

Matthew 6:21 For where your treasure is, there your heart will be also.

So let's break down our text for today verse by verse and see how to trade worry for peace!

1. True peace comes when you let go of worry!

I'm going to ask Jude Faller to come and read the verse that supports this step. Come on up Jude and thank you for being willing to help me share God's Word today!

Matthew 6:25 "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?"

Awesome! So Jesus says "do not worry about your life, or the things that sustain it. But how in the world do we not worry about those things? How do we overcome worry? Before we answer that, let me ask you if that's even an issue for you.

Ok, don't raise your hands as I ask the following questions. Just answer the questions in your mind.

Do you love life? Do you love your life? Are you enjoying your life? Are you stressing about your life? Do you have a list of things or circumstances you feel would help you enjoy life? Do you sometimes feel life is a chore you wish you didn't have to do?

There seems to be a consensus amongst many doctors, counselors, and pastors, that public enemy number 1 may be something called worry! Do you worry about things? What do you worry about?

Relationships? Job security? Finances? Popularity? Health? Success? Failure? The Future? Purpose? Eternity? Unfinished homework?

What are the consequences of worry and why does it prevent peace? There are many and they vary in severity. First of all If you don't trade worry for peace...

A. You won't enjoy the ride of life!

I was riding a scary ride at a state fair years ago called the Zipper. I was riding with a big, tough, football player. The ride was intense and threw you in every direction. It was so bad you were actually strapped in and then they closed a cage door around you just in case. I decided to have a little fun with my friend as we started the ride. I told him one of the safety cotter pins was missing where our ride was attached. But the ride had already started. He squealed like a baby! I laughed so hard! Needless to say, he didn't enjoy the ride! Years later I was paid back. My family got on a ride at a county fair and just for fun, I looked over at the ride connections. The safety pin was really missing on our Ferris Wheel basket!!! As they were loading other people, before the ride started, I flagged the operator. I pointed out the missing safety pin.

He said, "It sure is missing, hey Jim, hand me that box of cotter pins!" Wow! I did not enjoy that ride. I wondered where those other cotter pins were supposed to be!! In that circumstance I had a reason to be worried, however, some folks go through life looking for the missing safety pins and they never enjoy one moment of life. They are always worried about the bad that could happen. I'm a safety nut, and believe we shouldn't throw caution to the wind, but the truth is, most of what we worry about never happens, and as William Barclay put it...

"The worry which wears out the mind wears out the body along with it."

According to Web MD...

"Chronic worry and emotional stress can trigger a host of health problems. The problem occurs when fight or flight is triggered daily by excessive worrying and anxiety. The fight or flight response causes the body's sympathetic nervous system to release stress hormones such as cortisol. These hormones can boost blood sugar levels and triglycerides (blood fats) that can be used by the body for fuel. The hormones also cause physical reactions such as:

Fast heartbeat, Fatigue, Headaches, Inability to concentrate, Irritability, Muscle aches, Muscle tension, Nausea, Dry mouth, Difficulty swallowing, Dizziness, Nervous energy, Rapid breathing, Shortness of breath, Sweating, Trembling and twitching!”

That ought to be enough in and of itself to make you stop worrying!! It’s really not good for you! But here's one of the worst consequences of worrying and not enjoying the ride of life...

B. You could end up giving up on life!

With all the modern conveniences, comforts and endless forms of entertainment, we just aren't having a good time. Even to the point of getting off the ride of life before it's supposed to end! And that's never a good thing. This can end up in discouragement, depression or worse and that's what the enemy of your soul wants to happen. God has other plans and wants to help you overcome. And when I talk about overcoming, I'm not talking about the problems or troubles disappearing or going away, but about God giving you perspective, provision, power and peace to thrive in the midst of the hard circumstances. We're going to talk about how God will give you those things and help you trade worry for peace in just a minute, but first, one last consequence of worry, I want to tell you about. When you spend your time worrying about everything, fretting about the past, trying to escape the present, or worrying about the future...

C. You will simply miss life!

There's a lot of people today missing life! They can't seem to let go of the past, whether it's something they did, or something that was done to them. They worry and let their past define them. And some folks try to avoid living in the moment by allowing themselves to live distracted and preoccupied by constant entertainment or hidden in their virtual worlds, or they numb out with substances, because they worry about real life. Others let their plans and worry for the future keep them so busy trying to get places they don't take the time to live in the present! Let me put it this way:

If you're always worried about getting to the next station in life, you'll eventually get to the last station in this life and realize you missed life. The joy was in the journey God had you on! Oswald Chambers, a YMCA chaplain assigned to Cairo, Egypt during WWI, where he ministered to Australian and New Zealand troops, put it this way in his devotional for July 28th...

“What is my dream of God's purpose? His purpose is that I depend on Him and on His power now. If I can stay in the middle of the turmoil, calm and unperplexed, that is the end of the purpose of God. God is not working towards a particular finish; His end is the process - that I see Him walking on the waves, no shore in sight, no success, no goal, just the absolute certainty that it is alright because I see Him walking on the sea. It is the process, not the end, which is glorifying to God.”

Trace Adkins wrote a song several years ago titled, “You’re Gonna Miss This!” Here’s what it says...

You're gonna miss this, You're gonna want this back, You're gonna wish these days hadn't gone by so fast,

These are some good times, So take a good look around, You may not know it now, But you're gonna miss this

So I've quoted medical experts, a WWI Chaplain, and a country music star. Now let me quote Jesus on how we can trade worry for peace. Jesus said...

Matthew 11:28 "Come to me, all you who are weary and burdened, and I will give you rest.

Matthew 11:29 Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls.

Matthew 11:30 For my yoke is easy and my burden is light."

And why would Jesus offer this? Well the answer to that is found in our second point which comes from our text in Jesus' sermon on the mount..

2. True peace comes when you realize how important you are to God!

Jonah Faller is going to come up and read our verse on this step of trading worry for peace! Come on up Jonah, I so appreciate you being willing to help me share God's Word today!

Matthew 6:26 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?

Do you realize how important you are to God? He loves you more than you could ever imagine! He takes care of the birds and Jesus says you are much more valuable than the birds! In fact, Jesus would later say this...

Matthew 10:29 Are not two sparrows sold for a penny? Yet not one of them will fall to the ground outside your Father's care.

Matthew 10:30 And even the very hairs of your head are all numbered.

Matthew 10:31 So don't be afraid; you are worth more than many sparrows.

Jesus is trying to get you and me to realize how special we are to God and that God will take care of us. However, Jesus was not advocating laziness! I don't know how many bird watchers we have in the house, but my wife and I love to watch the birds. They are so carefree and seem to sing all day long. And out where we live they start singing really early!! But one thing they are not is lazy! They are busy little things. They rarely stop. But at the end of the day, they depend on the Lord to provide all the things they catch and eat, and to continue providing the sunflower seeds that come from the Lord through my wife and Wal-mart! What I'm trying to say is that we should be busy and work, plan, plant a garden, organize, set goals, dream, build, and so forth and so on, but we need not worry. William Barclay put it this way...

"It is not ordinary, prudent foresight, such as becomes a man, that Jesus forbids; it is worry. Jesus is not advocating a shiftless, thriftless, reckless, thoughtless, improvident attitude to life; He is forbidding a care-worn, worried fear, which takes all the joy out of life. Worry affects a man's judgment, lessens his powers of decision, and renders him progressively incapable of dealing with life. Let a man give his best to every situation--he cannot give more--and let him leave the rest to God!"

The late Keith Green famously put it this way in one of his songs,

"Just keep doing your best and pray that it's blessed and He'll take care of the rest!"

And when I think of how much God loves us I'm reminded of Psalm 17 where the Psalmist said this...

Psalm 17:6 I call on you, my God, for you will answer me; turn your ear to me and hear my prayer.

Psalm 17:7 Show me the wonders of your great love, you who save by your right hand those who take refuge in you from their foes.

Psalm 17:8 Keep me as the apple of your eye; hide me in the shadow of your wings

Psalm 17:9 from the wicked who are out to destroy me, from my mortal enemies who surround me.

You are the apple of God's eye, and His ear is always attuned to hear your prayers! How do we know God loves us that much? Two verses you know well...

John 3:16 For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life.

John 3:17 For God did not send his Son into the world to condemn the world, but to save the world through him.

I can't tell you how many times I've simply told someone Jesus loved them and they would reply, "Well, I hope somebody does!" And I'll tell them this, "He gave His life on the cross for you, you can't get more love than that!" And many times they'll reply, "I guess not!"

So we can trade worry for peace when we let go of worry and realize how important we are to God. But we also must understand that...

3. True peace comes when you realize it doesn't all depend on you, but on God!

Annaliese and Julianna are going to come help me share God's Word with you for this next important point. Give them your full attention as they read the very words of Jesus on this point...

Matthew 6:27 Can any one of you by worrying add a single hour to your life?

Matthew 6:28 "And why do you worry about clothes? See how the flowers of the field grow. They do not labor or spin.

Matthew 6:29 Yet I tell you that not even Solomon in all his splendor was dressed like one of these.

Matthew 6:30 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?

Thank you girls, that was awesome!! Jesus asked this question...

Matthew 6:27 Who of you by worrying can add a single hour to his life ?

What a great question!! We gain nothing by worrying! It won't add one minute to your life, but it just might shorten your life! If we're going to trade worry for peace, we must stop worrying and start trusting! You've heard me say this before, but faith is believing God can do something and trust is believing God will do something. Or you could say that faith is believing God can do something and trust is letting God do something because you are acting on your faith! Peter gives us an action step in 1 Peter 5:7...

1 Peter 5:7 Cast all your anxiety on him because he cares for you.

If you don't believe He cares for you, or that you're no good, or you've gone too far and messed up too bad, then you've just put limits on a God who knows no limits. Don't do that! Don't just believe in God! Trust Him! Don't just love God! Trust Him! Don't just have faith in what God can do! Trust Him to work in your life! When you realize how much God loves you, trust will naturally follow! Then you will be able to go to God and trust Him to do what is best for you in your life! Very practical wisdom comes from Paul in Philippians when it comes to trading worry for peace...

Philippians 4:6 Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God.

Philippians 4:7 And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

So trading worry for peace involves trusting God, not just believing in God!

Jesus said...

Matthew 6:28 "And why do you worry about clothes? See how the lilies of the field grow. They do not labor or spin.

Matthew 6:29 Yet I tell you that not even Solomon in all his splendor was dressed like one of these.

Matthew 6:30 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, O you of little faith?

Here's the deal: If God spends time clothing the fields with beautiful flowers, which will only last for a short season, will He not make sure His very own children will have clothing? If He created our lives in the first place will He not also provide what it takes to sustain our lives until our purpose in this life is accomplished? If the One who cared so much for us that He would take on flesh and die a horrible death in order that we might be saved, will He not also provide the basic necessities of life? Of course He will!! Question is, will we trust Him to do that or will we live our lives in anxiety, fear, stress, and worry? Jesus then repeats Himself to drive home His point and we learn how to trade worry for peace when we understand that...

4. True peace comes when you stop chasing the world (which you'll never catch) and start chasing God (who wants you to catch Him)

Matthew 6:31 So do not worry, saying, 'What shall we eat?' or 'What shall we drink?' or 'What shall we wear?'

Matthew 6:32 For the pagans run after all these things, and your heavenly Father knows that you need them.

It's amazing how much you can enjoy life when you have the right priorities and are not constantly worried about the things of this world. In fact, when God's priorities are your priorities, you will do your best to be a good steward of the things He has given you, but since it doesn't belong to you, you don't have to worry about stuff! Once again William Barclay has a powerful word about what Jesus was saying...

"Worry, Jesus says, is characteristic of a heathen, and not of one who knows what God is like. Worry is essentially distrust of God. Such a distrust may be understandable in a heathen who believes in a jealous, capricious, unpredictable god; but it is beyond comprehension in one who has learned to call God by the name of Father."

Jesus had put it this way just a few verses earlier...

Matthew 6:7 And when you pray, do not keep on babbling like pagans, for they think they will be heard because of their many words.

Matthew 6:8 Do not be like them, for your Father knows what you need before you ask him.

I'll end with two ways Jesus gave us to defeat worry!

Two ways to defeat Worry!

1. Seek God and His Ways First!

Matthew 6:33 But seek first his kingdom and his righteousness, and all these things will be given to you as well.

Remember, the Kingdom of God is where God rules. If God rules in your heart and you seek to live in His righteousness, He promises to meet all your needs! Saint Irenaeus, a second century bishop said this...

"God's glory is the earth creature made fully and eternally alive with the life of the Spirit."

God never said life would be pain free or trouble free, but you must remember, pain is a sign that you are alive. Let God take even your pain and use it to make you all He created you to be! Trust Him in the good times and the bad times, by seeking Him and His ways first and foremost! When you do you will be trading worry for peace! In fact the prophet Isaiah said this...

Isaiah 26:3 You will keep in perfect peace him whose mind is steadfast, because he trusts in you.

Isaiah 26:4 Trust in the LORD forever, for the LORD, the LORD, is the Rock eternal.

2. Trade your worry for God's peace!

Matthew 6:34 Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.

The Psalmist put it this way...

Psalm 118:24 This is the day the LORD has made; let us rejoice and be glad in it.

The writer of Proverbs said...

Proverbs 3:5 Trust in the LORD with all your heart and lean not on your own understanding;
Proverbs 3:6 in all your ways submit to him, and he will make your paths straight.

God said this through the Prophet Isaiah...

Isaiah 41:10 So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand.

And Paul said...

Philippians 4:19 And my God will meet all your needs according to the riches of his glory in Christ Jesus.

Philippians 4:20 To our God and Father be glory for ever and ever. Amen.

Our past is covered by the Blood of Jesus, and our future is in His hands, so we can live today to the absolute fullest. This is the day The Lord has made, enjoy the ride! We can trade worry for peace when we realize our past, our present and our future can be placed with trust into God's hands! And here's a really cool way for you to remember that. Lacey and Kylie put

together the handout for the children today, but they also placed something on your seats. It's a little doughnut! It's not edible, so don't try to eat it. Hold it in your hand and you can use it as a fidget toy to relieve some of your stress, but it will be even better if you keep it with you to remember what our sermon was about today, ready? Doughnut worry! Instead trust God with everything and you'll be trading your worry for God's peace! Let's pray!