

Series: A Life That Actually Works

Part 4: How Can I Stop Worrying?

Matthew 6:19-34 - [Watch online](#)

Summary:

Life is hard and there are so many things waiting to make it even worse. So many things we can be worried about. But, Jesus showed us that even in the middle of real life we can have peace and contentment. It's actually closer and simpler than you might think.

Questions:

1. On a scale of "Extreme Worry-Wart" to "Complete Zen Master" how much do you tend to worry? What are some of your typical worries?
2. What are some strategies you use to deal with these worries? Are there any unhelpful strategies?
3. Read Matthew 6 v33. How would you describe what Jesus is talking about here? What would this look like for your day-to-day life?
4. Read Philippians 4 vv6-7. What stands out to you? How can you practice that over the next week?
5. How can your group pray for you?

Main Points:

[00:35] Worry comes from knowing we can't control our future.

[01:15] When we look at the world right now... worry is a reasonable response.

[02:34] What we rely on to overcome worry will either give life or steal it.

[03:28] Treasure: "What we rely on to give us the life we want."

[05:45] Relying on unreliable treasure only creates more worry.

[07:05] The direction of our treasure reveals the direction of our hearts.

[09:10] We either rely on our treasure or on God.

[11:45] In the Kingdom of Heaven, we don't have to worry about anything because God sees us, knows us, and loves us.

[13:24] Faith is a daily and practical reliance on the love, care, and power of God.

[16:33] Our worry reveals our reliance.

[19:12] When we choose to rely on the love, care, and power of God... there's nothing left to worry about.

[17:35] Weekly Challenge:

ASK: What are my top 3 worries?

What do I usually rely on to control the outcome of those worries?

READ: Philippians 4 vv6-7 once a day this week.

PRAY thankfully.

Transcript:

IN: Life is hard...

And honestly... there are so many things waiting to make it even worse... so much we can worry about...

BUT Jesus showed us that even in the middle of real hard difficult scary overwhelming life... we can have peace/contentment...

AND It's actually closer/simpler than you might think... so let's talk about it... together

WE: Whether life seems easy right now or not...

When we look at the world right now... worry is a reasonable response.

- Kids, parents, economy, future, health, elections, etc
- Even told to have teachings ready for nuke war

Why do we worry? Because we don't have any control over the situation.

Worry comes from knowing we can't control our future.

So what do we do? We try to get control! Or at least a sense of control.

Examples:

- Financial future... work/hoard/save/worry every time economy might be slipping
- Worried about kids? Overbearing
- Worried about country? Get political control... Get people as mad as us so something changes.
- Why so many people keep yelling at each other holding bull-horns and signs
- Health? Can get extreme on clean foods/healthy living

We think control will give us security...

So we rely on what we think will let us have some control over our future and make our worries not come true...

But we have to choose what we rely on wisely, carefully and deliberately...

B/C... **What we rely on to overcome worry will either give life or steal it.**

Important Note: Not talking about suffering w/ mental health anxiety... God has given us opportunities for help... use them.

GOD: Jesus knew our propensity to worry and he also knew the #1 go-to tool we use to give us control... Money.

So in his famous explanation of what it means to actually have a life that works he takes on this idea of reliance/worry by using the universal example of wealth...

He calls it treasure. And yes it means \$ but the principle he teaches can apply to anything we rely on to protect us from what we worry about...

My definition- **Treasure: "What we rely on to give us the life we want."**

- Money/Reputation/comfort/government/family/education/religion/etc
- Anything other than God himself

V. 19 Store up... Seems like the prudent thing... especially in ancient world

Didn't know if famine coming, if new empire/king/governor would take over, forced into a war b/c your leader got mad at another, didn't know if would lose ability to work... no safety net.

- A lot to worry about

So, amassing as much treasure as you could and saving it would give a sense of security for you and family...

- People keep finding jars filled with coins that were buried all over ancient world... never used.
- Didn't give the security the dead owner was hoping for.

Jesus- This isn't actually a very good strategy.

The treasure you RELY on is incredibly unreliable... instead of giving you control, easing your worries, and actually taking care of you... it just causes more worry b/c now you're afraid of losing what you're relying on, worried it's not enough...

- And it will consume your thoughts/life... doesn't actually work.

Not saying there's anything wrong with a savings account/emergency fund... talking about RELIANCE.

- The worry of 401k's going down
- How feel when Dollar losing its value
- How do you feel when you actually have to use your emergency fund?

Relying on earthly treasure is a trap!

- **Relying on unreliable treasure only creates more worry.**
- Vicious cycle- Rely... more worry.. Try to get more... more worry... steals your life

There's a better option... that will actually give life

V. 20 Instead of relying on temporary treasures... store up treasure in KoH.

B/c what you store there can never be taken away from you... it will never fade or rust... it is completely reliable.

Ok cool. Not exactly sure what that means/or how to do it... (in a bit) but sounds good... seems to make sense...

But how do I know which Kingdom I'm actually storing up in?

V. 21 Where's our heart? What are we concerned about? What do we spend our energy, time, thoughts, \$ on?

That's what we are relying on. That's our true treasure. That's our true heart.

The direction of our treasure reveals the direction of our hearts.

Where our treasure goes, there goes our heart also

If our reliance is only on things that are going to rust and fade in this world then our hearts are only focused on this world that will rust and fade... steals our life

Jesus- Focus your heart/store up your treasure in KoH and you will experience the life you are wanting... where are we investing our treasure?

He continues and says this is a bigger deal than most of us think...

V. 22-23 What we rely on... what we have focused our lives to stare at... will either bring light to our life or darkness...

And sometimes we get so deceived/deceive ourselves we don't even realize how lost/dark we are.

But is it really so black and white/extreme/either-or? Yes. Yes it is.

V. 24 Hate/Despise? Harsh.

Despise- in comparison. Not care about. Not listen to. Not notice or obey. Apathy = hate

Jesus saying... We can either serve our treasures or serve God. **We either rely on our treasure or on God.**

- If we end up serving our treasures we stop caring about God, stop listening to him, stop noticing him in our lives.. We miss the life that actually works in the KoH.

But if we are living in/for KoH we can rely on God to the point that whether or not we have a little or a lot we can be content... joyful... at peace.

Rely on temporary treasure... money, gov, influence, reputation we will miss true life in the KoH.

- When we are worried about/relying on our treasure there is no room for trusting and relying on God.

Jesus - "You have a choice... You are invited to something so much more than you've been experiencing..."

So let me give you some examples of why it's actually a pretty obvious choice"

V. 25 Don't worry- Not saying don't think about it and just sit back and God will just hand you everything...

- We still have a responsibility to work and do it to the best of our abilities as if serving the LORD.

He's saying don't allow yourself to be overly-concerned with/relying on these things for life... thoughts consumed/controlled by these basic things.

V. 26 Again, let's picture who Jesus is talking to... the poor/humble/meek.

- They aren't living paycheck to paycheck they are living meal to meal...

And he tells them not to worry about what they will eat.

- Simply rely on the love/care of God.
- Almost too simplistic and cold at first glance... but not if you really understand the love/care of God

Since God provides basic necessities for birds... why wouldn't he do the same for you?

A bird's life is so much less secure than ours but they aren't building barns and banks... they wake up, go eat some bugs, enjoy the view, and go home, and live the life God has for them.

You're way more important than a bird... you are created in God's own image... So if he is concerned about the needs of birds of course he will provide what you need as well.

The truth is... **In the KoH, we don't have to worry about anything b/c God sees us, knows us, and loves us.**

V. 27 Love his simple/down to earth/yet profound question... What does relying on and then worrying about these things actually do for us anyway?

Obvious answer... Nothing. It's pointless. But we still keep trying it. Don't we?

Well, Jesus says... take a breath and take a walk outside...

V. 28-30 The care God gives to the beauty of nature (PNW) is proof that we can have faith in God's care for us...

In a sense, nature trusts the rhythms God has given it... life/death/rebirth/slow/quick create perfect ecosystem...

That is what life in KoH looks like... actually LIVING by faith/trust

Faith is a daily and practical reliance on the love, care, and power of God.

What does life w/o this reliance look like?...

V. 31-32 Dominate... fills thoughts/guides choices/constant search for/continuous worry...

- B/c we think we are on our own
- That's the default setting on humanity.
- And w/o this reliance on the good, powerful love of God you are on your own... no wonder we fight so hard, and spend so much time/money/energy to try to distract ourselves

Jesus came to offer something different/better/more...

He shows us that we're not on our own... we don't have to go it alone and rely on things that are so unreliable... including ourselves.

We can have a real and full life while looking the real world full in the face

So how do we experience this KoH life? How do we stop allowing these worries to consume/dominate our lives?

V. 33 Seek- Continual - "Be seeking."

So What does it mean to be seeking the Kingdom/Or to answer our earlier question what does it mean to store up treasure in heaven?

It's not like seeking a way through a foggy valley/an elusive sasquatch hunt... it's actually right in front of us...

This seeking is everything he's been talking about in his sermon...

- Starts with accepting Jesus as our king... and then
- Allowing the HS to transform our hearts into people who...
- Seek the heart of God and act on it...
- Long to see his justice/peace/righteousness/mercy/comfort in the world and work with him to actually bring it to earth now..
- People who don't just follow the letter of the law but search for and live out the heart of God
- Bringing God's love/peace/invitation to others around us.
- Being who God is making us to be instead of trying to prove anything to anyone

Then Jesus reminds us... worrying is pointless.

V. 34 "Life is hard enough. Don't make it harder by adding needless worries to it. When you can trust and rely on me instead and I will give you the life you want/actually works"

YOU: So are you worried? **Our worry reveals our reliance.**

What we worry about shows where we have chosen to place our confidence...

Life in KoH eliminates the need to worry and brings with it the peace of God that exceeds what we can understand...

Phil 4:6-7

SO... Stop and trust God. [Have a great week!]

In one sense it really is that simple... but actually having this be our life is so much easier said than done.

It takes self-awareness and practice...

- We have to diagnose where our treasure really is and then do the work of transferring it to KoH.

ASK: What are my top 3 worries?

- What do you spend your time frustrated/angry/talking about?

What do I usually rely on to control the outcome of those worries?

- Money/Government/arguing people into your thinking/power either for you or your group/respect (family/spouse/co-workers)
- Yourself- If you can just think about it hard enough you'll find a solution.
- Ignoring them w/ entertainment

READ: Philippians 4:6-7. Once a day this week.

Pray thankfully.

WE: So what do we really have to worry about?

Jesus proved he was God by his D&R... which he did bc of his love for us.

If he's already given all of himself for our ultimate need, what other need won't he fulfill?

So even if the worst comes/nuclear war does come... Jesus is still alive and still in control. And we can rely on him.

When we choose to rely on the love, care, and power of God... there's nothing left to worry about.

And then we are even more free to love and give to others... enjoy the life of KoH.