

Why are we so tempted to worry and what do we tend to worry about?

What will change for you this autumn? Reliable estimates say on an average, that People spend 40% of time worrying about things that will never happen. 30% of their time worrying about things in the past that can never be changed. 12% of their time worrying needlessly worrying about our health. 12% of their time in miscellaneous worries about the weather, the seasons, the economy, etc. 10% of their time real concerns that need their attention. So, about 92% of all worries are useless, needless, and unproductive. Our worries can be divided into two groups, those problems we can solve ourselves and those problems beyond our ability to personally solve. But most of our challenges fall into the first group, problems we can solve, if we learn how. Some feel trapped by challenges that seem to great, or more than they can bear, yet most people have the same kind of problems as they are experiencing. Life rains on the just and the unjust.

Wouldn't be great to leave all your worries behind as you? The good news is that you can be! “Cast all your care upon him; for He cares for you.” 1Pe 5:7

Many people may be all tied up in knots of anxiety about what others think of you, or about your finances, your health, or your job performance, your parenting skills or all the above and more. Yet Jesus said, “Don't be anxious!” While Jesus gives that command three times in this passage, he offers more than a command. He also gives loving counsel that helps us begin to make progress in dealing with our anxieties. To combat worry, Jesus had given three wonderful pictures of the Father's love and care for His children. Besides that, in our Gospel today, Jesus gives several pictures from nature for us to consider that will help us deal with the worries of life.

Have you ever thought about the reasons believers worry? Jesus begins by acknowledging common reasons for worry. His disciples then, and most people

now, are prone to worry. “Therefore I tell you, do not be anxious about your life, what you will eat or what you will drink, nor about your body, what you will put on. Is not life more than food, and the body more than clothing?”

The way anxiety works is that it takes us out of the present and carries us into the future, and then traps us in the future with things that may not even happen. Anxiety is a false prophet of future doom. We are locked into worries about future things. It may be anxiety about what people will think of me. Or anxiety about relationships. Will I ever find a husband or wife? It may be a financial anxiety (how will I ever get out of debt?) It may be anxiety about health, bodily well-being. There’s been a lot in the news lately about social media anxiety, specifically with teen girls on Instagram. Anxiety about conflict, job performance. Some people are anxious about anxiety.

In Matthew, Jesus gives several reasons for you to not be anxious. And the wonderful thing about this is that you can pick the one that most resonates with you. Maybe it’s the beautiful imagery of the birds and the lilies and how God cares for them. Or maybe it’s the logical realization that you can’t add a single hour to the span of your life by worrying. There are two main images here, the birds and the lilies. But we could count many more reasons. He doesn’t just give us a cold command, but Jesus seeks to warmly persuades our hearts to embrace God’s promises as we face the mess of life. So, here are several considerations from Jesus on Overcoming Anxiety! He teaches how handle the cares of your heart.

1. Life is more than food and clothing (v. 25) “That is why I tell you not to worry about everyday life—whether you have enough food and drink, or enough clothes to wear. Isn’t life more than food, and your body more than clothing?

Our worry tends to reduce life down to the one or two things we worry about. Our emotions about life in general may be overtaken by a handful of

concerns. And while food and clothing might be significant concerns, what you will eat tomorrow should not worry us. Why? Because there's more to life than food and clothes. Understanding this principle helps us set those anxiety-producing concerns in perspective. Jesus says, “Look at the birds!” The birds aren't anxious about their next meal, and yet the heavenly Father feeds them. Are you not of more value than they? You are of greater value to God than birds, he will take care of your needs.

2. Life cannot be extended or improved by worrying. V.26-30 “Look at the birds. They don't plant or harvest or store food in barns, for your heavenly Father feeds them. And aren't you far more valuable to him than they are? Can all your worries add a single moment to your life?” 28 “And why worry about your clothing? Look at the lilies of the field and how they grow. They don't work or make their clothing, 29 yet Solomon in all his glory was not dressed as beautifully as they are. 30 And if God cares so wonderfully for wildflowers that are here today and thrown into the fire tomorrow, he will certainly care for you. Why do you have so little faith?”

Anxiety can't extend your life or make provision or solve problems. Anxiety tempts us to believe that obsessive concerns will help us control the outcome. But no amount of worry can change the future or the past or your children or your job, etc. Jesus asks us to consider the lilies of the field. Just as the Father feeds the bird, he also clothes the lilies. “If God so clothes the grass of the field...will he not much more clothe you?” You are more valuable than the birds of the air and the lilies of the field, God will surely take care of you. Have faith in God and trust in His provisions.

3. Life for the believer should be different from the unbeliever. V. 31-33 “So don't worry about these things, saying, ‘What will we eat? What will we drink?

What will we wear?’ These things dominate the thoughts of unbelievers, but your heavenly Father already knows all your needs. Seek the Kingdom of God above all else, and live righteously, and he will give you everything you need.”

Everyone else, unbelievers, atheists, agnostics, all seeks after these things (vv. 31-32). The nations, all the other peoples in the world, those who are not God’s people, they are eagerly seeking after all these things. Like they’re on a frantic shopping spree trying to grab all they can possibly get while they can. That’s their whole life. Jesus promises you: “Your heavenly Father knows you need all these things.” There’s a promise from Jesus, the Father knows what you need. If God has given you life in him, then he will give you all you need to live on. All the necessary things will be added to you. Make your priority this year, your overriding purpose in all that you do, to seek God’s kingdom and live righteously. “Seeking the kingdom of God” is another way of thinking about being a disciple. As a follower of Jesus, you are one who is seeking the kingdom. Which means to live under the control and authority of God, and of Christ, the king of this kingdom. When you do worries will fade as priorities are focused.

4. Life for the believer today demands the full attention for today. V.34 “So don’t worry about tomorrow, for tomorrow will bring its own worries. Today’s trouble is enough for today.”

In other words, living in the present is hard enough. We have enough challenges for today, don’t allow worrying about future needs distracts from present duty. It adds stress and leaves us feeling overwhelmed today. If you are pulling tomorrow’s worries into today, along with today’s worries, and it becomes a load too heavy to carry. But you would be able to carry that load if you did one day’s worries at a time.

“Seek God” Matthew 6:25-34 Trinity 15 2026

So, to recap, Life is more than food and clothing. 2Life cannot be extended or improved by worrying. Life for the believer should be different from the unbeliever. Life for the believer today demands your full attention for today. Choose to live free, knowing that our lives are in God’s hand; God knows what we need and how to provide for his children, if we make the kingdom of God our first priority and right living our conduct, all that we need will be added unto our lives. Amen.