

In the Hot Seat with Jesus

Questions Jesus Asked

Is Not Life More than Food? part 2

Worry

Matthew 6:25-34

Grace Fellowship Church, Pastor Brad Bigney, Oct. 16, 2011

I. Be Killing Pride – Because Worry is Rooted in Your Prideful Self-Sufficiency

“Central to worry is the illusion that we can control things. ‘If only I could get my retirement right, I could control the future.’ ‘If I could get my diet and medicine right, I wouldn’t get cancer.’ ‘If I could figure out the right childrearing technique, I could guarantee how my kids turn out.’ Worry assumes the possibility of control over the uncontrollable. The illusion of control lurks inside your anxiety. Anxiety and control are two sides of one coin. When we can’t control something we worry about it.” Worry, David Powlison, p. 12

Exodus 20:3 “I am the Lord your God... you shall have no other gods before Me.”

“The humble are genuinely care free. I’ve discovered how true that is about myself and my soul. Where there’s worry, where there’s anxiousness, pride is at the root of it. When I am experiencing anxiety, the root issue is that I’m trying to be self-sufficient... Don’t be mistaken. God hasn’t gone anywhere. He’s just as sovereign, just as good, just as faithful when I’m buried under care as He was... The issue isn’t God. It’s my pride that resists trusting in Him through dependence upon Him.” *Humility~ True Greatness*, C.J. Mahaney, p. 75-76

1 Peter 5:6–7 “⁶ Humble yourselves, therefore, under the mighty hand of God so that at the proper time he may exalt you, ⁷ casting all your anxieties on him, because he cares for you.”

You can’t cast your cares ON Him until you first come into agreement WITH Him... that He is God... and you are not.

II. Keep Feeding Your Faith – Because Worry is Rooted in Your Unbelief

Hebrews 3:12 “Take care, brothers, lest there be in any of you an evil, unbelieving heart, leading you to fall away from the living God.”

Matthew 6:30 “But if God so clothes the grass of the field, which today is alive and tomorrow is thrown into the oven, will he not much more clothe you, O you of little faith?”

“Worry and anxiety are not merely bad habits or idiosyncrasies. They are sinful fruits that blossom from the root of unbelief. Jesus doesn’t treat obsession with the future as a personal quirk, but as evidence of little faith. Worry and anxiety reflect our hearts’ distrust in the goodness and sovereignty of God. Worry is a spiritual issue and must be fought with faith. We must fight to believe that God has mercy for today’s troubles and, no matter what may come tomorrow, that God will have new mercies for tomorrow’s troubles.” *Just Do Something*, Kevin DeYoung, p. 56-57 57

Worry always has a touch of Atheism in it because whenever worry takes over God becomes very small.

Worry is the battering ram that slams against the character of God. Worry is a character assassination of the highest order. It’s cosmic treason every time you worry! And it shows that we don’t know God well at all.

III. Cultivate the Heart of a Worshipper – *Because Worry Dies When Worship Thrives*

God-focused worship will start to squeeze out worry... because worry dies when worship thrives.

So stay preoccupied with the promises, character, and goodness of God.

- Study and meditate on the attributes of God – Read Tozer’s ***Knowledge of the Holy*** Tozer’s ***Pursuit of God*** or A.W. Pink’s ***Attributes of God***
- Read a Psalm a day – and write down all attributes of God
- Read the book of Revelation for the purpose of worshi
- Read the ‘Big God’ chapters in Isaiah 43 to 66
- Listen to worship music that is God-focused
- Read aloud or listen to the CD version of Puritan Prayers – ***The Valley of Vision***

I Chron. 29:11-12 "Yours, O Lord is the greatness, the power and the glory, the victory and the majesty; for all that is in heaven and in earth is Yours; Yours is the kingdom, O Lord, and You are exalted as head over all. Both riches and honor come from You and You reign over all."

"Very often when I've left a place of worship the first impression I have of the 'outside world' is how small it is – how puny its politics, paltry its appetites, squint-eyed its interests. I've just spent an hour or so with friends reorienting myself in the realities of the world – the huge sweep of salvation and the minute particularities of holiness – and would blink my eyes in disbelief that so many are willing to live in such reduced and cramped conditions. But after a few hours or days, I find myself getting used to and going along with its assumptions since most of the politicians and journalists, artists and entertainers, stockbrokers and shoppers seem to assume that this is the real world. And then Sunday comes around again, and a pastor calls me back to reality, "Let us worship God." And I get it straight again, see it whole. Every call to worship is a call **into** the Real World." ***The Wisdom of Each Other***, Eugene H. Peterson, P. 109