

RCMI L-Path Teaching

August 28, 2022

English Version

Title: Worry Less, Seek First

Text: Matthew 6:25-34

Do Not Worry

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? 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? ²⁷ Can any one of you by worrying add a single hour to your life^[a]?”

²⁸ “And why do you worry about clothes? See how the flowers of the field grow. They do not labor or spin. ²⁹ Yet I tell you that not even Solomon in all his splendor was dressed like one of these. 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? ³¹ So do not worry, saying, ‘What shall we eat?’ or ‘What shall we drink?’ or ‘What shall we wear?’ ³² For the pagans run after all these things, and your heavenly Father knows that you need them. ³³ But seek first his kingdom and his righteousness, and all these things will be given to you as well. ³⁴ Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.

William Ward put it this way, "Worry is faith in the negative, trust in the unpleasant, assurance of disaster and belief in defeat...worry is wasting today's time to clutter up tomorrow's opportunities with yesterday's troubles."

- The English word "worry" comes from an old German root “Wurgen.” Interestingly enough it means "to choke" or "to strangle."

We Worry Less and Seek First because of...

I. The Clear Principle (v. 25)

“...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?”

A. The Command.

²⁵ “Therefore I tell you, do not worry ...”

B. The Concern.

"...for your life..."

The Greek word for "life" is “psuche” - earthly, physical, external life.

C. The Conditions.

“...what you will eat or drink; or about your body, what you will wear...”

D. The Containment (Sumasakop sa pangako).

"Is not the life [Gk. psuche = 'the fullness of physical life'] more than food and the body than clothing."

II. The Direct Protection (vv. 26-32, 34)

Why are we Protected?

1. Because of Your Father
2. Because of Your Important Position
"...Are you not much more valuable than they?"

The Lord gives three illustrations:

a. Food (v. 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.

b. The Future (v. 27)

²⁷ Can any one of you by worrying add a single hour to your life^[a]?

"I believe that the gift of life is given because God wants you to live for spiritual reasons."

"You will experience life to the fullest if you're obedient to God."

c. Clothing (vv. 28-30a)

III. The Declared Promise (v. 33)

- "But seek ye first the kingdom of God, and his righteousness, and all these things shall be added unto you" (Mt. 6:33).
- The key is to put your heart and your treasure in heaven and God will take care of all the earthly things.

Psalms 84:11 – "For the LORD God is a sun and shield; the LORD bestows favor and honor; no good thing does he withhold from those whose walk is blameless."

Discussion:

1. What kind of faith is manifested when someone worries? Why?
2. What priority must there be for God to take care of the physical needs?
3. What is "the Kingdom of God?"