

**Learning from the Sermon on the Mount #31**  
**“How to Deal with Worry” Part 2**  
Message Notes, September 19, 2021

**Matthew 6:25-30 (NLT)**

<sup>25</sup> “That is why I tell you (so listen carefully) 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? <sup>26</sup> 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? <sup>27</sup> Can all your worries add a single moment to your life?

<sup>28</sup> “And why worry about your clothing? Consider the lilies of the field and how they grow. They don't work or make their clothing, <sup>29</sup> yet Solomon in all his glory was not dressed as beautifully as they are. <sup>30</sup> 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?

- ◆ **Today's theme:** How can I live a more fulfilling (powerful) life that is uniquely me (guided by God's purpose) without worrying about what others think?
- ◆ **Current situation:** Many people live their lives and enter their later years with the cry (impatience) of "more light!" We will examine how the Bible (Jesus) offers us a way to deal with this.
  - We are always in a hurry, unsettled, and unable to concentrate on the task at hand because we don't understand that God has prepared the best attire for us.
  - Many people want to live a life that is more true to themselves, more vibrant, and more radiant. Since they can't seem to find it and they tend to compare themselves to others, they end up feeling happy and sad by turns.
- ◆ **Keyword:** Let's focus on the word “consider” (v. 28). Last week we “gazed upon” the birds of the air. Jesus begins this passage, “That is why I tell you (implying that we should listen carefully) in v. 25, then He instructs us to “look (carefully) at” the birds in v. 26, followed by today's command to “consider” in v. 27. Today, I want to probe deeper into the true meaning of these words, paying particular attention to the "more than that" (v. 30) that God has prepared for us, by considering what Jesus meant by "the things that we wear" (v. 28).
- ◆ **What does Jesus tell us to “consider/think about?”**
  1. It is impossible to extend your lifespan
    - a. *Beginning and ending:* God determines the beginning and ending of our lives
      - We have no control over our own birth or death, the most significant events in our lives
      - The Lord takes responsibility to bring about the very best from the first to the last part. How much of this do we really understand? We need not worry, because God, the Almighty and Loving One, cares for our most important beginnings and endings→Psalm 139:13-16
    - b. *Between* the beginning and the end: throughout our entire lives, God always has His eye on us (God's Providence)
      - From the expression “consider the birds of the air” we can extrapolate that He takes care of us each and every day of our lives. He never says, “Oops, I was careless!”
      - God, who created our internal organs and who does not miss a single moment of the movement of each of our cells, watches over us every day. His astonishing level of concern (attention), that He knows “every hair on our head” causes us to marvel→Psalm 121

## 2. Don't worry about clothing!

### a. Evaluation by other people

- The word translated "clothing" can refer to a cloak or jacket, but does not refer to fads or fashion. The metaphorical sense is to not get caught up in appearance, pretense or status.

**Matthew 7:15** "Beware of false prophets who come disguised as harmless sheep but are really vicious wolves."

- The subject is not simply just clothing, but extends to others think of you, such as your worldly appearance, your success and position in this world (competition for success), and the sense of accomplishment that you perceive that you can gain by it momentarily.
- We must carefully consider whether these worldly evaluations concern us more than the position God has given us (Paul's "in the Lord") or what we should do (mission from God, ex. Paul's apostleship of the Gentiles").

### b. The life of the lilies of the field

- "Solomon the Magnificent": a Jewish idiom of the time, a superlative adjective. The phrase comes from the Queen of Sheba's unintentional admiration for the majesty of Solomon's palace and temple when she paid a courtesy visit to him. However, man-made structures, no matter how great they are, fall far short of God's creation.
- "The life of a wild lily: its beauty is unparalleled, but it blooms for only one day and dies without ever being seen (or shown off). However, after they withered, they were hung up to dry and were always used to bake delicious bread. When the lily flower was used to start the fire in the kiln, it created the right temperature and exceptional aroma to bake exquisite bread. In this way, God had also given the lily flower its moment to shine and the meaning and purpose of its existence.

### c. God knows how to make our lives vibrant: God not only provides security for my life, but also the purpose and platform for my activities. He knows how to unleash my character (goodness)

- God has a perfect plan for me. Since the lily is "so beautifully dressed" (v. 30), how can He not do "much more" (v. 30) for me? The use of the superlative emphasizes how "much more" he provides, to encourage us not to worry, because He will allow us to enjoy much more beauty and splendor in our lives than we can imagine.
- God knows my days, and He is steadily preparing each one of them.

**Ephesians 2:10** For we are God's masterpiece. He has created us anew in Christ Jesus, so we can do the good things he planned for us long ago.

- "Masterpiece" (poeima): God's masterpiece. Each one of us is, without exception, God's masterpiece. "Prepared": meaning "stage" upon which our good works will take place. Since God has prepared the moment and place for each of us to shine, there is no need to worry, rush, or compare ourselves with others. All we need to do is to faithfully carry out the tasks that are given to us now. →Hebrews 13:7-8

➤ Because of all of these things, we are told to believe (exercise faith). Will you believe it? It depends on your faith. →Hebrews 12:5-13

## ◆ Conclusion

1. What are you worried or anxious about right now? The future? Your reputation?
2. God sent you to this earth so that you could shine. He has prepared the way, the time, and the stage for you. To what extent do you believe it?
3. What should you do now so that you can live the life you were created for ?