

## Learning from the Sermon on the Mount #33 “Dealing with Worry—Final Time”

Message Notes, October 3, 2021

**Matthew 6:33-34 (NLT)** <sup>33</sup> Seek the Kingdom of God above all else, and live righteously, and he will give you everything you need. <sup>34</sup> “So don’t worry about tomorrow, for tomorrow will bring its own worries. Today’s trouble is enough for today.”

### What is God’s Kingdom and Righteousness?

- The term “Kingdom of God” includes the idea of God’s rule. To whom does my life truly belong? Who is in control? These are the issues at hand.
  - The important issue is whether or not we are carrying out God’s will in “all” areas of life. When we surrender all things to God, He fills our hearts with peace, but if we hesitate to leave even one thing to God, our hearts will be uneasy.
- ✧ What do you feel most concerned or worried about? Might it be something that you have not yet surrendered to God?

### What does “Above All Else” or “Put First” Mean?

- To “put first” means to seek with all one’s heart and soul. The nuance of this word is to choose the most important one thing among several options. In life, we must choose one thing from among several tasks that need to be done now. Which one we choose to do now is very important.
- Luke 10:41-42 (NLT)** <sup>41</sup> But the Lord said to her, “My dear Martha, you are worried and upset over all these details! <sup>42</sup> There is only one thing worth being concerned about. Mary has discovered it, and it will not be taken away from her.”
- This “one thing” that we choose means the “putting first” that we are learning about now.
  - When we seek to do God’s will, we must make choices. How can we make the right choice? How can we focus on the right priorities and do the correct thing?

### What does It Mean to Live Day by Day?

- Live each day as a concrete unit: **John 11:10** “Each day has twelve hours of daylight.” Each day has its portion, each day has things to be accomplished in it. We are not to be anxious today about tomorrow’s concerns. There is no need for preparation or savings. Tomorrow’s needs will be met tomorrow.
- The example of Germany, the world’s strongest soccer kingdom in the 1970s.
- Focus on the present, without taking on burdens from yesterday or tomorrow. Concentrate on the twelve hours you have been given...your “now.”

### Two Reasons Why Focusing on *Today* is Important

1. No amount of regret about the past will solve anything: biographies are written about successful people
  2. Worrying and fretting about the future does nothing to prepare you for tomorrow: example of manna in the wilderness
- ✧ What kind of “manna” have you received?
- Things to consider regarding the future\*
    - a. Do not move ahead of God. When the pillar of cloud and pillar of fire moved, the people followed it. Whether it was day or night, they followed God’s leading.
    - b. God knows even the movement of my heart in advance→**Matthew 17:25-26**

## Concrete Plan

### 1. Conversing with God

- Living in the moment, specifically, taking to God each individual challenge that arises day by day and using it as an opportunity to have a conversation with Him. God is giving me that challenge because He is using it to teach me about an important life issue.  
**1 Corinthians 10:13** “The temptations in your life are no different from what others experience. And God is faithful. He will not allow the temptation to be more than you can stand. When you are tempted, he will show you a way out so that you can endure.”
- God will never allow a trial in your life without preparing a way of escape for you. Every time a problem arises, use it as an opportunity to have a conversation with God. Ask Him what He wants you to learn.

### 2. Conversing with Yourself

- Learn to speak to your faith and to yourself. Lloyd-Jones said, “It is safe to assume that faith is a person having a conversation with himself about himself, about his faith.”  
**Psalm 42:5,11** “Why am I discouraged? Why is my heart so sad? I will put my hope in God! I will praise him again!”
- The extent to which we have this kind of experience determines how we will live in the present and focus on the present moment.

### 3. Struggle/Feeling Conflicted is Not Wrong

**Psalm 127:1-2** (A song for pilgrims ascending to Jerusalem. A psalm of Solomon)

<sup>1</sup> Unless the LORD builds a house, the work of the builders is wasted. Unless the LORD protects a city, guarding it with sentries will do no good. <sup>2</sup> It is useless for you to work so hard from early morning until late at night, anxiously working for food to eat; for God gives rest to his loved ones.

- The Bible teaches us to recognize that God’s protection is behind our stable social life, but instead of trusting in God, we worry and fail to focus on the present moment→“We are the ones who anxiously work for food to eat.” How will God help us when we keep repeating this pattern?
- “Loved ones” (*yadid~Jedediah*) origin: God will give you a second chance no matter how much you fail.  
**2 Samuel 12:24-25** “<sup>24</sup> Then David comforted Bathsheba, his wife, and slept with her. She became pregnant and gave birth to a son, and David named him Solomon. The LORD loved the child <sup>25</sup> and sent word through Nathan the prophet that they should name him Jedidiah (which means “beloved of the LORD”), as the LORD had commanded.
- God will guide you through your struggles  
**Romans 8:26** “And the Holy Spirit helps us in our weakness. For example, we don’t know what God wants us to pray for. But the Holy Spirit prays for us with groanings that cannot be expressed in words.”
- God the Holy Spirit sees the struggles of our growth and intercedes for us with a tender heart. This describes the way God views our struggle to surrender our lives to his will.
- This is the process by which all things come together for our benefit. What are you struggling with right now? You have God’s assurance that it will ultimately come together for your good.

## Conclusion

1. What area(s) of your life do you struggle to surrender to God and to obey His will?
2. What should you do to keep your focus on living one day at a time?
3. We worry even though we know we shouldn’t. How can we surrender that to God?