

# Killing Worry



**Matthew 6:25–34**

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You know, every time I walk into my closet I want to become a minimalist. I don't know if you have heard about this, if you know what this is. There are a couple of guys who had a Netflix documentary that came out called Minimalism. These guys basically said we realize that we have so much stuff in our lives. We own so many things, and often what we stress about, what worries us, what keeps us up at night, what we are anxious about is all of the stuff. So they had this idea...what if we sold most of our stuff? What if we had a minimalistic life? The idea is to have less and live more. I remember watching that documentary and I thought...Katie, this is awesome; let's just sell everything. Let's only have like thirty five items. Let's count them up. This would be so great because I wouldn't have to worry about changing the oil or all those things you have to worry about constantly because we wouldn't have anything, and it would just be a stress-free life. So I walk into my closet and and I look at my closet. Now, I don't know how many, but I have a lot of T-shirts. I have T-shirts from

back when I first started youth ministry from youth events twenty years ago, and I asked myself why I still have that T-shirt because I'm never going to wear it again. I know that, but then I think maybe there will be a throwback youth event night and I'll need that DNow T-shirt. I'm probably not going to because it doesn't fit anymore. I still have T-shirts from my high school days, T-shirts that were from youth days in my closet, and every once in a while I'll take some of them out thinking I'm going to give them away or throw them away and I just end up putting them in a pile somewhere else in the closet because maybe, just maybe, I want to wear that someday. I have a section of my closet of clothes that don't fit anymore—you know that section in your closet, you keep them even if it doesn't fit anymore in case you get in shape again? So I walk into a closet where every morning I'm a little overwhelmed. What am I going to wear? There are so many different T-shirts, and truth be told I only wear the same three, right? So, these guys on Netflix are saying go into your closet, take everything out, have like three shirts, two pants, and then every morning it's like, I guess I wear this one because the other two are dirty and there's no stress, no worry, because that's the only option you have. It sounded so good. So I went into my closet to become a minimalist because I wanted to alleviate stress in my life, but I got so stressed out trying to decide what to leave and what to take out that I just couldn't do it! It was too stressful to minimize the things that I have.

I don't know if you are like me, but some of the things we have can often cause stress in our lives and what Jesus is going to command us to do today is to not worry. He is going to command us not to be anxious, not to have anxiety. It is not a suggestion that if you are in a good space in your life, don't be anxious; no, He is going to say do not worry. We are going to see the solution not to worry is not becoming a minimalist—that might help you and it might not, but that's not the solution. Instead, if you want to defeat worry, it's becoming obsessed about the right thing. Ultimately, Jesus going to say if you want to kill worry in your life, become obsessed with first things, and the first thing is the Kingdom of God and His righteousness. If you come obsessed with God and His glory, then all those secondary things that stress us out will find their proper place and you won't have to worry or stress about them because you are in relationship

and communion with your heavenly Father who provides for every single need that you have. So let's go to Scripture and see how Jesus teaches us to do this.

## Scripture

***"Therefore do not be anxious, saying, 'What shall we eat?' or 'What shall we drink?' or 'What shall we wear?' For the Gentiles seek after all these things, and your heavenly Father knows that you need them all. But seek first the kingdom of God and his righteousness, and all these things will be added to you."***

This is sort of the heartbeat of the text. This is going to be the antidote to worry. How do you stop worrying? It's found in these verses. Most of us are probably stressed about something this morning. Monday is coming and you know that deadline is there. You know that thing you have to accomplish this week. The to-do list is growing. You have to have that conversation with that person that is not going to be good. You know how it's going to go. There are all these worries and anxieties we have, and perhaps some of us had trouble sleeping last night. You couldn't go to bed because you couldn't get the wheels to slow down. Your brain was just churning over and over again because you know that thing is coming up, that thing you are worried about. We have trouble functioning because we are worried about all the things we are worried with. Jesus comes in and He says don't worry. "Do not be anxious." This is a command, it is not a suggestion for your life that maybe you should worry less and then you will be happy more. No, Jesus is commanding us as His followers not to worry. That means when we worry, when we *decide* to worry, when we *choose* worry, we are disobeying the Lord Jesus, so this is going to be a big deal. We are going to see a lot of Scriptures given to this because Jesus really doesn't want us to worry. He wants us to trust our heavenly Father who provides for all of our needs.

When we don't trust, we end up worrying. So, let's see what the antidote to worry is. He says, "Therefore do not be anxious." The word, anxious, means worry. It is that word, By the way, in Luke when Jesus talks to Martha. Do you remember that story of Mary and Martha? Jesus comes

over and Martha is just sitting at Jesus' feet. She's just listening to Jesus, learning from Jesus. I mean, the King of the universe walks into your house, what should you do? You should probably go and just sit at His feet, right? Well, Martha, the Bible says, was distracted with much serving. She's cooking dinner, she's cleaning, and she's get everything arranged because Jesus is there, so she's panicked, she's worried. And Jesus says...*Martha do not be anxious about many things*. It's that same word that He says here—don't be anxious, don't worry, don't stress about all these other things because your mind should be set on me. Martha missed Jesus being in her presence because she was worried about all the other stuff in her life, and I think sometimes we miss the presence of God because we worry about all the other stuff in our lives.

Notice that Jesus says here, "Do not be anxious saying, 'What shall we eat?' or 'What shall we drink?' or 'What shall we wear?'" Spurgeon calls these the trinity of the world: What should we eat? What should we drink? What should we wear? I think this extends to all sorts of things, those daily needs—what car we are going to drive, the house we are going to have, the way we are going to look, the way the yard is going to look—all those things that make us look a certain way. He's saying don't worry about those things. Don't stress about those things. Don't worry about the next meal. Don't stress about where you are going to get the next drink from.

So if we are not going to worry, how do we actually do this? Well, notice what Jesus says in verse 32. "For... (In other words, this is the reason, this is why you shouldn't worry about all these things) ...the Gentiles seek after all these things, and your heavenly Father knows that you need them all." Don't worry about what you should eat, what you should drink, what you should wear, why is that? "For the Gentiles..." now, Jesus is talking to a Jewish audience, so Gentile is a code word for the Pagans, the non-believers. Those who don't have a relationship with Him are who the Gentiles are, the non-believers. What does He say? For non-believers seek after what? These things. That little phrase, these things, is an important phrase because it's going to be contrasted with something else. So we are going to say 'these things' are actually secondary things. What are these things? Food, drink, clothing, all the temporal stuff of the world, all the

physical needs that you have, all those worries about the job, tomorrow or this week, all those relationship issues, those are the these things. And guess what? The Gentiles, non-believers, they obsess with these things. In other word, non-believers seek second things as first things. That's really important for us to remember, that non-believers seek secondary things, all the things of the world, as first things, as most important things, as the things that matter most. They make the secondary things of the world, those gifts that are given to us by God, they make them first things, they make them to be God things. Therefore, they think about them and make them way bigger than they are, and the result is they worry and stress because second things cannot take the place of first things. Jesus is saying don't worry—the non-believers worry because they seek these things, and guess what, your heavenly Father knows you need them. Your heavenly Father knows you need secondary things. He knows you need food. He knows you need clothing. He knows you need drink. He knows you need a house. He knows you need those physical things, and He cares for you and He's going to provide those things for you.

So, what should we do if we are not to seek after secondary things first? Well, we should be those people who seek first things first. Notice what Jesus says in verse 33, "But seek first the Kingdom of God and His righteousness, and all these things (What are these things? Secondary things) will be added to you." What is Jesus trying to say? If you want to kill worry, if you want to minimize worry and stress in your life, it is by seeking things in the right order. What a believer should do is seek. Jesus is saying first things first. What are first things? It's the Kingdom of God and His righteousness. The whole Sermon on the Mount has been building these things—the Kingdom of God, we are children of the Kingdom of God. That means the rule and reign of Jesus Christ here and now and forevermore—that's the Kingdom of God. So, the way that we want to be as it is in Heaven, that's your Kingdom come. We have heard this in the Sermon on the Mount. It's focusing first and foremost on God and His Kingdom and His rule and His plan for your life. That's what your first focus should be...AND His righteousness. We have been dealing with righteousness throughout the whole Sermon on the Mount. What is righteousness? It's not external religion; instead, it's inward change. It's

inward conformity to Christ through the power of the Spirit. It's giving not to be seen; it's giving because you care. It's praying not to be heard; it's praying because you love your heavenly Father, and you know He loves you and He will take care of all of your needs.

So, where does worry come from? It comes from seeking second things first. How do you not worry? It's seeking first things first. This is kind of the whole summary of what Jesus is getting at. Worry grows when we seek second things first. So, if you want worry to grow in your life, if you want worry to continue to increase and take over your life, you make second things to be first things. What are secondary things, food drink, clothe, work, relationships, those temporal things, those things that are here now that are earthly. Those things, they are not unimportant things, they are just not the most important thing, but we often make them the most important thing. We make them to be bigger things than they are, and when we do, we have to prop them up because our good things become God things and then they actually don't deliver what we want them to deliver. We have to keep propping them up, which causes worry, stress, and anxiety—because when we make all those secondary things first things, we have to serve, devote to, and love those things in order for them to give us what we ultimately want. It's a lot of work for us because we are propping the secondary things of this world to be first things. So, if you want worry to grow in your life, make your life about secondary things. Make your whole life about seeking the things of the earth. Lay up for yourselves treasure on earth and you will worry like crazy.

If we want worry to die, what do we do? We seek first things first. You see, God, His Kingdom, His righteousness. Orientate your life around God. Pursue Him first and foremost, and then worry and stress fade away. Why? Because you get to know God. You know He loves you, cares for you, and provides for you, and you are living in relationship with Him. It's a trusting relationship. You are a child who gets things from your Father, and rather than it being stressful, you have peace. Here's what we want to do. We want to kill worry by seeking first things first. What does it say will happen if we do that? All the other things will be added to us. It's not that God doesn't care about secondary things. No, God knows you need them and

He will give them to you if you seek Him first and foremost. Those things will be added to you.

It hit me on the way to church that some of us view Sunday very differently. See, Bro. Ricky has told us many times that Sunday is the first day of a brand-new week. He means that. He believes that. He thinks that. But for some of us, it's really not. For some of us, it's it's the last day of the week. It's the last day of the weekend because the first day is Monday. Monday starts our calendar week. Monday is what starts our to-do list. We orientate our whole week around Monday through Friday and all the things we have to accomplish to make sure all the secondary things meet all of our needs. Our whole week is stressed out, but then Saturday we might get a little bit of relief. We might go to the lake. We might have some fun if we got everything accomplished, but there are all those to-do lists, so we might have to work late or stay up late, or check email in bed because you can't get all those things done. And then Sunday...we sort of come into Sunday at the very tail end of our week, and we kind of baptize our whole week in some form of religion and say, "God, please bless all of my efforts this week because I have to go start again." And then Monday, it's *you* providing for your needs, and you live as an orphan child who has no father because you are on your own. You have to take care of all of your own needs, and at the very end of your week, you come in here exhausted, worried, and stressed, and you are hoping maybe God will give you just a little something to get through the next week. But what if we totally reversed that order where Sunday is actually the first day of a brand-new week? That Sunday sets everything. That Sunday sets the agenda and Sunday is the most important—we are seeking the Kingdom of God, we are meeting with the saints and singing, praying, hearing the Word of God. That Sunday projects our whole week, that it is day one and sets all of our priorities, our goals, and our to-do lists so that we see we are not an orphan; we are a child of God. And this whole week, we are living in relation with Him so that everything that comes our way, we know that God is with us and loves us and is for us. What if Sunday transformed our work week so that we are working under Him, believing Him, and trusting Him instead of worrying about all the things that we have got to accomplish on our own because we don't have a heavenly Father. What if

we believe we have a heavenly Father and that this week we get to work under Him, but He's the one who's actually providing for all of our needs. See, what Jesus trying to say is, don't worry, don't get stressed, and don't have anxiety. Because if you are stressed and if you are worried, then there's a root cause, and the root is you are making too much about secondary things. The secondary things have become your life, and if that's true, you are going to worry. If you will make first things first, God and His Kingdom, then worry will fade away because you are trusting the glory of God.

Now, how exactly do we do this? Well, the good thing is we have a lot of verses, and Jesus gives us eight ways to kill worry. Eight things Jesus is going to tell us to do. Now, I know some of you just got stressed, right? Why couldn't there just be two? It is going to be okay, I promise. The eight are good things, so don't get stressed that there's eight. They are eight wonderful ways to kill stress in your life. The first one is we obey Jesus. If you want to kill worry in your life, obey Jesus. It sounds simple, right? In verse 25, Jesus says, "Therefore I tell you, do not be anxious about your life..." and then He tells us, what that looks like by naming secondary things we worry about—what you will eat, what you will drink, nor about your body, or what you will put on. He's saying don't worry about those secondary things in your life. So, the first thing is that it is a command from Jesus not to worry, and how do you kill worry? You obey Jesus. You say yes to Him by faith because this is not a suggestion. This is not just good advice from Jesus; this is Jesus saying do not be anxious, do not worry. Now, let's just take a moment and think about who Jesus is. Jesus Christ He is Lord of Heaven and earth. He was in the beginning and everything was made through Him, right? Everything you see was made through Him and for Him. So Jesus, the creative agent of the whole universe, is telling you not to worry. So, it's almost like...we could probably trust Him because He probably can do some really cool things...like He created the cosmos. Everything you see—look up at the stars—that's Jesus' work. Oh, He did all that, and He's telling me not to worry?? We read through the gospels and see that He does miraculous things; He walks on water; He raises people from the dead; He takes a little boy's lunchbox, multiplies it, and feeds 5000 people; He cast out demons. He



dies, rises from the dead, ascends to Heaven, and says, all authority and power has been given to me...trust I am with you always to the end of the age. That's the guy who's telling you not to worry. It's not some guy on the streets saying don't worry, be happy. It's not some philosopher, or teacher, or new age guy saying if you buy this mood ring, it's going to make you not stress out anymore. Jesus, who created the cosmos, is telling you if you are His follower, if you have a relationship with the God of the universe, don't worry. Why is that? Well, because He is in control, He knows what you need. So don't make your whole life stressing about the secondary things. Instead, obey Jesus and know that when you are worrying, when you are stressful, when you are lying in bed and I can't get your mind off of that thing, just take a moment and say, "I'm disobeying the Lord right now. I need to repent and I need to trust Jesus."

Number two is we have to keep second things second. This is absolutely key to worrying less. You have to keep second things second. Notice, what does Jesus say? "Is not life more than food, and the body more than clothing?" It's a rhetorical question—we are all supposed to say yes, life is more. Life is more than the physical needs that I have. Life is more than the stresses at my work. Life is more than that hard conversation that I have to have. Life is more than the yard needs mowing and the garage needs cleaning up. Life is more than all of those things, but we make those things to be what life is all about. We make secondary things to be first things, and when they become first things, we make too much of them and then they require too much of us. When we make the gifts, the secondary things that God gives us, the things He knows we need—when we make those to be God things, then everything gets disordered. Just think about it. Jesus just said, "Therefore do not be anxious." So, what's the therefore, there for? Well, He told us last week about treasure, not to lay up for yourself treasures on earth. Why? Not because He is mean, but because He knows they are not going to satisfy you. He says instead lay up for yourself treasures in Heaven. Why? Well, because for one, they are eternal and the things of the earth are all fading away. Rust, moth, and thieves are all going to come. They are all going to leave you or you are going to leave them, so don't make your life about secondary things. Then He says, "...for where your treasure is, there your heart will be also." In other words, what

you put as a first thing your heart is going to follow it. If you make secondary things first thing, your heart is going to follow the secondary things, and you are going to love secondary things and become like all those secondary things.

He also tells us to watch our eyes because what you gaze at you treasure, and then what you treasure you ultimately serve. And remember the last verse we covered last week where Jesus says you cannot serve both God and money. Some of your translations say, mammon. What is mammon? It's what money can give us, wealth, power, status, security. So because you can't serve both God and mammon, you have to pick one, and now, these verses are flowing from that...therefore, don't be anxious. Therefore, don't worry. In other words, whoever you set up as God will determine whether you have worry or peace. If you worship and serve God with love and devotion, you will have peace because He is taking care of you. But if you set up mammon, the secondary things of the world, as your God and in love and devotion you serve the things of the world, your life is about laying up treasures on this earth. Guess what you are going to have? Stress, worry, and anxiety, because when secondary things become your God, you have to prop them up. You have to hold them up but they are actually not alive; they are actually not able to do what you do. It's like the Weekend at Bernie's guy. He's dead, he has to be propped up; he has to be wheeled it around. Propping up those secondary things in your life requires work, labor, stress, and anxiety, and you have to put all your time in propping up secondary things to be first things to give you what only God can truly give you. So worry is connected to who we worship. If we worship God, we will trust Him and walk in peace. If we worship mammon, we will be devoted to it and serve it, and our life will be about worry, anxiousness, and sleepless nights. At some point, it's not going to work anymore. So, what Jesus says is we have to keep second things second. Is not life more than just the treasures we are seeking on earth? The answer is yes; life is about a whole lot more, namely the Kingdom of God and His righteousness. Life is about God, and when you put God first and seek God in a relationship with Him, then, all the other things are going to find their proper place.

Number three is we watch the birds. Jesus gives this vivid imagery that that helps us to see and connect what He's talking about. I love this illustration. Jesus says this, "Look at the bird of the air; they neither sow nor reap nor gather into barns, and yet your heavenly Father feeds them. Are you not of more value than they?" For those who are stressed out, can't sleep at night, He says how about you go outside and watch the birds?

Now, I don't know if you are a bird watcher, but I love watching birds. I think birds are so cool, and for some reason my house is like a bird sanctuary. We have a big field, and for some reason birds just love flying around our house. In July, all the dragonflies were coming alive in our yard and it was unbelievable. I could sit on the front porch and watch a hundred birds just swarming and snatching these dragonflies. It was like the coolest thing. It was awesome! What was really neat is that the birds will build nests under my front porch where the roof goes over, so I can watch when the birds hatch. Then, the mama bird has to go and snatch food and fly back and put the dragonfly in each one of the bird's little mouths. My family loves watching the birds...well, I should say part of my family because my wife does not love the birds. She especially does not like the birds on our porch because as you know, birds don't like go to the outhouse. They just let it go, and so our front porch is often the release of dragonflies all over the porch! We have a big argument on whether or not we should take the nest down, and I'm saying, "But Jesus tells us to watch the birds!"

What is Jesus trying to say about birds here? He is saying...*stressful people, who are so worried about all your daily needs? Just take a moment, walk outside, and open your eyes to nature. Just look around and notice all of this is happening and has nothing to do with your effort. Just watch the birds. They are all getting fed and you have nothing to do with it, I do.* God feeds the birds. He says they don't plant, they don't reap, they don't gather in barns, yet they have full bellies. Why is that? He provides for His creation. That's really important for us to remember because we are Americans who like to be independent and do things ourselves, and God is saying that you need to remember that you are dependent on someone

and that is Him. Now, Jesus is not forbidding work; He's forbidding worry. Proverbs would talk about being a good farmer, setting things aside, and raising crops, and of course, God told Joseph to store things in the storehouse so that there would be food for Egypt—so God is not against growing and harvesting in barns. No, He is against me worrying about how I am going to make sure all these things fit together. How am I going to make sure the crops grow? How am I going to make sure everything that works gets done? Instead, He is reminding us that underneath all that is a heavenly Father who loves you and provides for you. This week you are going to work, but don't forget that there is One who is also working for you and who provides your every need. See, if you forget that, then you are going to work on your own to provide for yourself and you are going to be stressed out because you are not sure you can do it. God is saying don't work like that. If you need to take a break, go outside, just look up at the birds, and say...*Oh yeah, they are alive and I didn't do that. I'm probably going to make it.* Do you know why? Because our heavenly Father feeds the birds. Notice the connection. You have a heavenly Father so you are not an orphan without a Father. Jesus says, "Are you not of more value than they?" So if God feeds the birds, will He not also feed you? Are you not more important than birds? Of course, the answer is yes. You are way more valuable than birds because you are made in the image of God, and you have a heavenly Father who loves you more than you can imagine. He is here to provide every need that you have, so we have to look to the birds. God feeds them. God will feed you.

Number four is to see worry as worthless. You have to see worry as worthless. Notice what Jesus says, "And which of you by being anxious can add a single hour to his span of life?" Let's just think about it. Does worry ever fix anything? That night you stayed up all night long worried about the conversation you had to have the next day...did it really fix it? Did it help it? Or, did it just make you tired when you had the conversation? Did worrying about tomorrow fix tomorrow, or did it just make you stressed? You can't add to your life by worrying, but you surely can take off from your life by worrying. Jesus is saying that worry is worthless. It's playing God, taking control, and trying to be your own provider and sustainer, and it's not going to add even a span, even six inches, to your life. It is

absolutely worthless. So the next time you worry, remind yourself that worry is worthless. It doesn't fix anything. Instead, take your worry and place it in God. Trust Him, love Him, walk with Him, and pursue Him. That is a useful thing to do rather than a worthless thing to do.

Number five is consider the flowers. Jesus says, "And why are you anxious about clothing? Consider the lilies of the field, how they grow: they neither tool nor spin, yet I tell you, even Solomon in all his glory was not arrayed like one of these. 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?" These lilies are not garden flowers that you plant, by the way; they are just the weeds of the field that look pretty. They are beautiful in the spring. Who did this? God did this. God clothed them, God arrayed them, and when you look at them, they are actually more glorious than Solomon. Now, if you think of someone who is self-sufficient and has all the means to make himself look good, it's Solomon. Jesus says these weeds are more glorious than Solomon! What is the connection? If God so clothes the grass that people gather up and throw into fire to warm themselves, will He not also clothe you? See, the argument is if God loves the birds and feeds them, will He not love you and feed you? The answer is yes. If God clothes the flowers, will He not also clothe you because you are more valuable than flowers? The answer is, yes. God cares for His creation, and you are part of creation so He is going to care for you if you will trust in Him to provide for you. So what is the problem there? "O, you of little faith." See, worry is a faith issue. Worry is we are not having our faith in the Lord for Him to provide the things that He has promised to provide for us. So go out and look at the weeds. God is going to clothe me. I can trust Him.

Number six is to seek first things first. Look at verse 33, "but seek first the Kingdom of God and His righteousness, and all these things will be added to you." God is not saying secondary things are unimportant. Food, clothing, jobs, careers, retirement, insurance, all those things are important but they are not most important. So what do you have to do? You have to seek first things first. You have to seek the Kingdom of God and His righteousness, and if you do, if you make God your focus, guess who is not

the focus? You. And when you are not the focus, you will not worry because you are looking at God. When God is not your focus, you become the focus and you are worried a lot because you know you are not that great at fixing all of your problems. So it's bringing to focus God, His Kingdom and His righteousness. Seek first things first.

Number seven is don't fear the future. How do you relieve worry? Don't fear the future. I call this the monster under the bed. Notice what Jesus says, "Therefore, do not be anxious about tomorrow, for tomorrow will be anxious for itself. Sufficient for the day is its own trouble." Jesus says don't fear tomorrow. Don't be anxious about tomorrow. Do you know where I think most of our worry comes from? It comes from tomorrow, and tomorrow is imaginary. Tomorrow is not here. It is not real. As parents, we tell our kids don't worry about monsters under your bed because they are not real; they don't exist. Then we leave their rooms and we lay in bed wide eyed because we are worried about tomorrow! Do you know what tomorrow is? It's a monster under your bed. It is not real. It is not here. It is imaginary. One of the things we worry about most is that little phrase, 'what if?' What if this happens? What if I say this and they do this? What if I do this and it doesn't turn out right? We play this 'what if' game and then we have seven scenarios of 'what if' is going to happen, and then we worry about seven things that are not going to happen. They are imaginary. They are monsters under our bed and we stress and worry about them. Jesus says stop worrying about monsters. It's irrational. It's imaginary. Tomorrow is not here yet. How about instead you worry about the trouble that today has because today has some troubles that you need to deal with. But often, we don't deal with today because we are worried about tomorrow. We don't fix today and we are not productive today because we are so worried about tomorrow. Instead of worrying about tomorrow, how about you trust tomorrow to the God who knows what tomorrow is going to be like. Doesn't that make more sense? Instead of me worrying about an imaginary scenario, what if I trusted to God who already knows how it's going to play out. That seems more logical. That seems better. So what do we do? We focus on today and we solve the problems and issues at hand, and we leave tomorrow's worry to tomorrow and to God. We will let God deal with that; let's stay in today. Don't worry about the monsters. They

are not real. They haven't happened yet. When they do, then they become trouble that you can deal with, but they shouldn't be imaginary worries that you spend time on.

And then lastly, number eight is we need to pray. If you want to kill worry in your life by seeking first things first, you are going to need to pray. This is not found in the text but it's connected to the text because Jesus just told us the Lord's Prayer in verses 9–13, "Give us this day our daily bread..." Give us those things we need. God knows them. He is your heavenly Father and He knows what you need. Look at what Paul says in Philippians, which seems a lot like Jesus here. Paul says, "...the Lord is at hand..." meaning, He's here, He's near, He's with you, He's in you; He's not absent in Heaven. This week, God is with you. Paul continues, "...do not be anxious about anything." Because God's with you, don't be anxious about anything. What includes anything? It's anything. Whatever you are thinking right now, that's in the category of anything. It's an all-inclusive word. "Do not be anxious about anything, (notice the play on words) but in everything..." What includes everything? Everything. Whatever you are thinking, it's an anything or an everything. So in anything, what should you do? "...in everything by prayer and supplication with thanksgiving, let your request be known to God." Why should you pray to God? Because He's your heavenly Father. He feeds the bird. He clothes the lilies. He loves you more than they. He is the God who is going to provide every need you have. He knows your needs, He knows you need them, He loves you, and He's going to give them to you if you will come to Him in prayer. So rather than stressing about everything, in anything and everything you go to God in prayer. What does that do? It transforms everything. Look at verse 7, "And the peace of God..." Does that sound different than anxious, worry, or stress? How do you kill anxiety? It's going to God, putting God first, seeking first things first, "And the peace of God, which surpasses all understanding..." I love that little phrase. It means that you are not sure how it's all going to work out. You don't get answers, but you get a person; you get the God of the universe who is with you, and you know that He's got this. You are a child in the lap of your Father saying...*Daddy, I don't know how you are going to do this, but I'm just giving it to you.* And He is saying...*Little son, I have it. Little daughter, I have it. You just go*

*and play and let me deal with the stress that you have.* “The peace of God, which surpasses understanding, will guard your hearts and your minds in Christ Jesus.” Doesn’t that sound good—to have peace rather than stress, to have trust rather than worry, faith rather than anxiety? How do you get that? Well, here’s the reality. Worry grows by seeking second things first. Worry dies when you seek first things first, God and His Kingdom. So how do you kill worry? You seek first things first. As a little kid, you seek your heavenly Father. You run to Him. You go to Him. You sit in His lap and realize that He’s got the whole world in His hand, which also includes your worries, frustrations, problems, and tomorrows. God’s got it. You know you can trust your heavenly Father. See, some of you are stressed. Some of you are worried. Some of you didn’t sleep last night and there’s a reason, because when we make second things first, we have to worry, we have to stress, and we have to hold those things up. So how do we turn worry into faith and trust? We make God to be our first thing. Seek Him, pursue Him, and all those other things, those secondary things will be added to you.