

# Set Sail Ministries

“Anchored in the Cross. Sailing by the Breath of the Spirit.”

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**Sermon Title: “Don’t Worry”**

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**Text:** Matthew 6:24-34

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**Location:** Aurora Alliance Church, Aurora, Colorado

**Main Idea:** Worrying cannot add anything positive to one’s life so we should seek God first and trust him to meet our needs

**Purpose of the Sermon:** The proper attitude of a believer when faced with a worrisome situation is to focus your undivided attention on God first and He will care for you.

## INTRODUCTION

Good morning. Once again it is a privilege for me to dig into God’s word with you and I am very excited about the practical application we are going to see from today’s passage. This morning we are continuing in Matthew chapter 6. If you were here last week, you heard Jonas talk about the passage just before this one “Where is our treasure?” And we talked about priorities in life: are we storing up for ourselves treasures on earth or treasures in Heaven? These 2 passages fit together very closely and we are actually going to begin with the verse that Jonas ended with.

As is my typical style, I want to look at this passage verse by verse to see what we can learn from it, and then end by looking more specifically at some ways we can apply God’s word to our lives.

Lets start by reading the passage. Matthew chapter 6, verses 24-to the end of the chapter. Feel free to follow along in your Bible or in the Sermon Notes section in your bulletin.

Text... **Matthew 6:24-34** "No one can serve two masters, for either he will hate the one and love the other, or he will be devoted to the one and despise the other. You cannot serve God and money. <sup>25</sup>"Therefore I tell you, do not be anxious about your life, what you will eat or what you will drink, nor about your body, what you will put on. Is not life more than food, and the body more than clothing? <sup>26</sup>Look at the birds 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? <sup>27</sup>And which of you by being anxious can add a single hour to his span of life? <sup>28</sup>And why are you anxious about clothing? Consider the lilies of the field, how they grow: they neither toil nor spin, <sup>29</sup>yet I tell you, even Solomon in all his glory was not arrayed like one of these. <sup>30</sup>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? <sup>31</sup>Therefore do not be anxious, saying, 'What shall we eat?' or 'What shall we drink?' or 'What shall we wear?' <sup>32</sup>For the Gentiles seek after all these things, and your heavenly Father knows that you need them all. <sup>33</sup>But seek first the kingdom of God and his righteousness, and all these things will be added to you. <sup>34</sup>"Therefore do not be anxious about tomorrow, for tomorrow will be anxious for itself. Sufficient for the day is its own trouble."

## EXPOSITION

### I. Who will we serve?

Anxiety. Worry. Concern. These are all things that we are going to be talking about today. Jesus command is clear, “Do not be anxious” but I certainly find that command difficult to apply sometimes. Let’s see what we can learn.

- Beginning in verse 24, **“No one can serve two masters, for either he will hate the one and love the other, or he will be devoted to the one and despise the other. You cannot serve God and money.”**

**LAST WEEK:** In last week’s message, we focused on the word “money.” But the concept goes even deeper than that. If you have a King James version of the bible, instead of money you would see the word, “mammon”. Mammon was originally an Aramaic word. And it meant more than just cash. It really means “all things of material wealth”. But I want to take it even deeper today. I want us to think of mammon as “whatever it is that you value most, other than God.” We all have something that fits in that category. It could be money. It could be food. It could be climbing the corporate ladder. It could be a relationship. It could even be serving God at the church.

**A CHOICE:** But right up front here in this passage, we are confronted with a choice. Will we serve God or will we serve something else? Will we obey God or will we obey something else? See, I think we do have a choice. God allows us to choose who or what we will serve. We can have treasure on earth or in heaven, but not both. Which is it going to be for you? Where are you storing up your treasure?

**QUOTE:** *“Every one of you without exception has committed your life to one of two treasures: physical and material things or spiritual and eternal things; mammon or God. You are focusing your heart, eyes, mind, attention, thoughts, hands, and energy upon earthly things or upon heavenly things. You cannot “serve God and mammon.”*

Oh sometimes we try. We try to put God 1<sup>st</sup> at the same time that we are running after the things of the world. And you know what happens when we do that? we have a divided heart. We’re not really fully committed to pursuing the things of the world, but neither are we fully committed to pursuing the things of God. We’re divided. Our heart, our mind, our thoughts and our actions become divided. A divided heart; keep that in mind because we are going to see it again in a minute.

## II. Are we anxious?

- Having said this, Jesus says in verse 25, **“Therefore I tell you, do not be anxious about your life, what you will eat or what you will drink, nor about your body, what you will put on. Is not life more than food, and the body more than clothing?”**

In the previous verse Jesus gives us a choice, a choice of who we are going to serve. Jesus recognized that a lot of people, both then and now, had made the wrong choice or else they had a divided heart and were trying to serve both God and the world and it was causing them to be anxious about life, or to worry about life. And so now he gives us a command: **do not be anxious about your life**. That’s a pretty serious command. I think sometimes we take it as a suggestion, but it’s not.

We have all experienced worry or anxiety, but I think it would be worth our time to study this word and understand what Jesus is saying. If it’s a command, we need to understand what it means as much as possible so we can obey right?

**GREEK:** The Greek word here is merim-NAH-o and it actually has 2 meanings. On the positive side it can mean simply, “to care for or be concerned about.” In the negative sense it means, “to be anxious and overly concerned, to be consumed with worry based on apprehension about possible danger or misfortune.”

**TO DIVIDE:** When I looked at the root words that come together to make this Greek word, merimnao, I saw that they mean “to divide”. And so this word merimnao that is translated into English as anxious or worry, has a connotation of a mind that is divided. That’s why these passages fit together, because they are both talking about a divided mind.

**MARY & MARTHA:** If you want another scripture that shows this very well, you can look in Luke chapter 10. Some of you may remember this story of when Jesus went to visit Mary and Martha. Martha was really busy getting everything ready for Jesus and she got pretty frustrated that her sister was just sitting down listening to Jesus teach so she goes to Jesus and basically says, “Jesus, tell my sister to get in here and help me in the kitchen.” And what does Jesus say, “...**Martha, Martha, you are anxious and troubled about many things, but one thing is necessary. Mary has chosen the good portion, which will not be taken away from her.**” (Luke 10:41-42)

Some of you are probably thinking, but wait a minute, the things Martha was doing were important, they needed to be done. She was probably cooking dinner, maybe cleaning the house, after all Jesus was coming for dinner, and she wanted to spend time with Jesus too.

But see, that is just the point Jesus was trying to make: her mind and her heart were divided. Maybe she did want to spend time with Jesus, but that I not what was doing. She allowed the cares and worries...of life, even though they were necessary things, to get in the way of what was best.

**WHAT WORRY SHOWS:** When we are anxious, when we are worried, when we are overly concerned about something, when we are allowing worrisome thoughts to fill up and consume our mind...what we are showing is that we have a divided mind. And maybe we are also showing that our treasure and our heart is more on earth than in Heaven. And that is what Jesus is pointing out to us.

### III. Encouragement from nature: the birds

Having told us not to worry, Jesus gives us 2 examples from nature to encourage us, first the birds and then the flowers.

- Verse 26, "**Look at the birds 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?**"

Jesus’ point is, “Of course, we are more valuable to God than the birds. And if God takes care of the animals so well, won’t he take even better care of us? “YES!”

**BIRDS:** Let’s think about birds for a minute. This is true statement because birds are known for eating seeds not planting them! It would be pretty funny to see a bird bringing seeds to try to fill up a bird feeder! And while you may feed a few birds in your neighborhood, the vast majority of the birds in the world, don’t have that luxury...and yet they still get enough to eat! Through the perfect way God set up our earth, he makes sure each bird gets the food they need each day.

A bird is pretty much dependant on getting food and water each day to survive. And yet, it still does not store up food for itself. It depends on God. And I can’t help but think of just a few weeks ago as part of our study of the Lord’s prayer, how did Jesus teach us to pray?

“Give us this day our daily bread.” I think Jesus is gently reminding us that we are supposed to depend on God every single day of our lives. That should be our normal experience as Christians.

**FOOD IN JESUS DAY:** Now, how did the people of Jesus’ day get their food? They didn’t have McDonalds. They didn’t have Chili’s, and they didn’t have a grocery store full of pre-cooked foods. They probably had a market where they could buy raw fruits and vegetables and live animals for meat, but regardless, it probably was not an easy process. It took time and effort and it probably caused some anxiety. We know some of Jesus’ disciples were fisherman and some days they didn’t catch anything. And judging from how many food boxes our church gives out each week, there are a number of families in our community that don’t catch anything for dinner some nights either, and they can easily relate to Jesus words.

**CAN WE RELATE:** But what if you are not in that situation, can you relate to this passage? Well, are you worried about eating the right foods, about eating healthy foods? Are you worried about how you are going to pay for that big meal you went out for last week? Guys, do you worry about whether you can afford the 20 ounce steak or whether you have to settle for the 16 ounce? How about this: are you using food to “escape” when you feel worried instead of turning to God? Am I meddling yet? It really doesn’t matter if you have a lot or a little, you can find something to worry about if you try.

**QUESTIONS:** Okay, we’ve looked at this verse in detail, now let’s step back and look at the big picture.

1. Can we live without food and drink for awhile? [PAUSE] Yes, if we are healthy to begin with. But eventually we do need food and water to continue to live.
2. But let me ask you another question: Will food make us live forever? If we had free lifetime supply of all our favorite foods, will it keep us alive on the Earth forever? [PAUSE] No. Of course not.

And I think that is the point Jesus is trying to get across here when He says, “**Isn’t life more than food?**” He’s not saying that food is not important. He’s saying there are even more important things than food, and what does He say is more important, “Seek first the kingdom of God”. Ultimately, our relationship with God, which covers not just our life on earth, but our eternal life also, is the only thing that matters. Food and drink won’t save us. We need to seek God’s kingdom first and trust Him to give us the things we need while on earth. If we are going to be concerned about anything, we ought to be concerned with our relationship with God, not food.

#### IV. Prolonging life

- In between these 2 examples from nature, Jesus says in verse 27, “**And which of you by being anxious can add a single hour to his span of life? ”**

Some translations say “which of you by being anxious can add a single **inch** to his **height?**” Either way, the point is clear and true: you can’t add time to your life by worrying about when you might die and you can’t make yourself taller by worrying that you are too short! And what if you could? What if you could add 1 hour or even 1 day to your life by being worried and anxious all the other days of your life? Would it be worth it? I don’t think so! It wouldn’t be for me.

#### V. Encouragement from nature: the lilies

1. So Jesus moves from the birds to the flowers in verses 28-29, and we are going to see a lot of similarities to the example of the birds, **"And why are you anxious about clothing? Consider the lilies of the field, how they grow: they neither toil nor spin, yet I tell you, even Solomon in all his glory was not arrayed like one of these."**

How did they get their clothes back then in Jesus' day? They didn't have Kohl's. They didn't have Wal-Mart. They didn't have mail-order. I guess you could say they did it the old fashioned way: they made them. They raised sheep. They sheared the sheep. They spun the wool into thread and then made cloth. Just like preparing their food, it wasn't an easy process. It might have caused them to worry a little on occasion if the clothes they had were wearing out and they weren't sure where their next set would come from.

But Jesus says, the flowers don't worry about all that. ☺ Can you imagine some flowers out in the field trying to herd sheep or with a tiny spinning wheel trying to make some clothes? No, of course not! Lilies don't have to work for their clothes, they get them directly from God.

**SOLOMON:** Jesus refers to Solomon. Solomon was a King of Israel and was known as the wisest man that ever lived. He was also probably one of the richest too. Whatever the very best, finest clothes that were available, he would have had them. There were probably stories in their culture about how incredibly well dressed Solomon was. And yet Jesus says that even in all his finest royal robes, his clothes were still made by man and they cannot even compare to the beauty of the simple flowers made by God.

Again, there are undoubtedly some in our community that do struggle with having enough clothes to wear, but most of us probably don't. So how do we relate to worrying about clothes? Are you worried about having the "right" clothes? It doesn't matter if you are going to work, school or church, are you more concerned about how you are going to look when you get there? Are you afraid you may be out of style or out of fashion? Ladies, are you worried about finding just the right shade of a certain color shoe...because the other 6 pair in your closet of that color didn't quite match the new dress you bought?

2. Verse 30 finishes this thought about the lilies, **"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?"**

Jesus' point is clear: how long does the grass of the field last? Not long. His point is, "If God takes care of the plants so well, won't He take care of us?" "Of course He will!"

**PSALMS:** These words of Jesus remind me of a verse in Psalms that I think sheds more light on this passage. Of course, Jesus and most of his followers would have known the Psalms very well, and that's why I wonder if He had this one in mind when He made this statement. In Psalm 103:15-18 we read: **"As for man, his days are like grass, he flourishes like a flower of the field; for the wind passes over it, and it is gone, and its place knows it no more. BUT the steadfast love of the LORD is from everlasting to everlasting on those who fear him, and his righteousness to children's children, to those who keep his covenant and remember to do his commandments."** What an incredible promise from God, that though in light of eternity, our days on earth are short, like a flower that blooms today and is gone tomorrow, God's love is forever to those who follow and obey Him.

**QUESTIONS:** Just like in the previous example, I'd like to sum up these verses about clothes with some questions on the big picture:

1. Just like food, we can live without clothes, but don't we need to have some clothes eventually, to stay warm, to stay modest, to protect us from the elements? [PAUSE] Yes.

2. Now let me ask you the second question: Will clothes make us live forever? If we had a lifetime supply of free clothes from Neiman Marcus, would that keep us alive on the Earth forever? [PAUSE] No. Of course not.

And that's Jesus' point when He says, "**Isn't the body more than clothes?**" He's not saying that clothes are not important. He's saying there are even more important things than clothes. Clothes won't save us. We need to seek God's kingdom first and trust Him to give us the things we need while on earth.

## VI. Summary

- Verses 31 and 32 sum up this passage so far, and they also tell us how those that don't know God act, "**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.**"

It says the pagans or Gentiles (basically those that do not have a relationship with God) seek after these things. That word "seek" in the Greek, doesn't just mean "getting enough food to eat or a few clothes to wear." It means "to seek for and search for diligently, to wish for, to crave, to demand or clamor for." Basically it means constantly striving to get more and more. But why is that, why do worldly people seek after these things?

**QUOTE:** MHC: *"The Gentiles seek these things, because they know not better things; they are eager for this world, because they are strangers to a better [world; God's world]; they seek these things with care and anxiety, because they are without God in the world, and [do not] understand his providence." or his provision.*

**RUNNING AFTER GOD:** Those that don't know God have no choice but to try to get all they can in this life. They don't know Jesus, so they can't trust Him. But those of us who do believe in Jesus are different, or we should be. We do know God! And we can put our hope and trust in Him and know that He will provide everything that we need.

And this is exactly what Jesus tells us in verse 33:

## VII. The right thing to seek

- "**But seek first the kingdom of God and his righteousness, and all these things will be added to you.**" That's worth repeating. "**But seek first the kingdom of God and his righteousness, and all these things will be added to you.**"

We finally see one of the keys to obeying Jesus' command to not worry: He's not saying to ignore our needs for food and clothes. He's saying to seek God first and trust Him to meet our needs. As we saw earlier, it's a choice. Will we choose to seek God first or will we focus our lives on other things?

**QUOTE:** *"The basic problem of man is setting priorities and determining what is to be first in his life. The first priority of every man should be to take care of his life—eternally. Why should a man be concerned about a few short years when he has the opportunity to sustain life forever? Why seek the things that only sustain and adorn his physical body for a*

*brief time and then fade away? Why would he not seek first that which can sustain his life forever?"*

Do you understand that just like the people that don't know God run after the things of this world, if you are a follower of Jesus, you should be running after God just as hard. We should be seeking Him and pursuing Him and craving time with Him and wanting more and more of Him every day. What is the first and greatest commandment? **"And you shall love the Lord your God with all your heart and with all your soul and with all your mind and with all your strength."** (Mark 12:30) With everything you have.

And of course isn't that the question that we all have: How exactly do I seek first the kingdom of God in my life? What does it look like? You know what? Unfortunately I don't have all the answers to that. I don't have a formula for you to follow. I can point you in the right direction: I can tell you that you are going to have to spend time with God. Probably a lot of time. But I can also tell you that if you press in to God, if you follow hard after Him, if you truly make seeking His Kingdom and His righteousness the primarily thing in your life, you will not be disappointed. Because I have found my Jesus to be faithful. He will meet you just as He promised in his word.

**We can look back at the story of Martha and Mary. Both were doing something. Both were completely consumed by what they were doing. Martha was consumed with things. Mary was consumed with Jesus. We need to live our lives in such a way that we are consumed by Jesus rather than the things of the world...even if they are necessary things.**

#### VIII. Our Primarily Response: Trust

I think the primary question that comes up when we start thinking about how to live without worry is: Do you trust God? Do you trust Him? Do we trust Him to do what He says He will? Do you really believe that if you seek Him first He really will meet all your other needs? Or do we only trust God to save us and to take us to Heaven when we die, but not to give us food today? What is our first reaction when presented with a worrisome situation? Do we go to God?

Do you know that He actually wants to take your worry: **1 Peter 5:7 "...cast all your anxiety on him, because he cares for you."** Trust Him. You may have a hard time trusting God if you don't know Him. So get to know Him. Listen for His voice. Spend time with others who have learned to trust Him.

**WORK FOR FOOD:** So we learn to trust God. Should you just pray and expect food to show up on your table every day? Well, God is able to do that. And not only did He do it in the Bible, but He has done it in our times too. And He may do it for you. [PREACH EXTRA STORY OF GOD PROVIDING EXTRA FOOD AT CHRISTMAS HOMELESS OUTREACH IF ON TIME]. But we can't ignore the other principles that God has put into place in our lives. The Bible makes it very clear that God has ordained the work of our hands. So we should work for our food. And if we are out of work for some reason, we should trust God to provide in another way.

**FUTURE PLANS:** So we learn to trust God. Should you stop making any plans for your future, for tomorrow? There are lots of examples in the Bible of people planning ahead, Noah building the ark is one that comes to mind. Jesus is not saying that we can't plan ahead. But our first and primarily focus needs to be seeking God and the things of His kingdom, and then letting Him tell us what plans, if any, to make.

## IX. Each day has trouble

- After Jesus tells us what we should seek, He tells us once more, for the 3<sup>rd</sup> time, “Do not be anxious.” Do you think He is serious? Do you think He knew we would struggle with this and would need to hear it over and over? Verse 34, **“Therefore do not be anxious about tomorrow, for tomorrow will be anxious for itself. Sufficient for the day is its own trouble.”** Some translations say, **“Each day has enough trouble of its own.”**

**TOMORROW:** Tomorrow. Tomorrow is coming...soon. For some of you that is a good thing; birthdays, special occasions, weddings. You’re looking forward to it but maybe you are still anxious about it. The admonition is still the same: don’t worry. Put God 1st, seek him, make him more of a priority than that event in your life. Soon enough, that tomorrow will be yesterday and your special event will be gone. Will you still be close to God afterwards?

For others of you, you are dreading tomorrow. There is some event that you are not ready for, and you are anxious about it. You can readily agree with Jesus that “each day has enough trouble of its own”. But Jesus’ words to you are the same: don’t worry, seek God, put him in the center, put him first in your life, give him control.

Regardless of what your tomorrow holds, you still have a choice to make. Are you going to seek and run after the things of the world? Or are you going to seek and run after the things of God?

## X. APPLICATION

Well, we could end right here. I could tell you all, “Don’t worry, be happy.” And we could go home. And maybe you’ve learned a few things, but I’m not sure if you would be encouraged or not. So I want to mention a few points of application. How can we apply this part of God’s word to our daily lives. The book of James tells us, **“...don't just listen to God's word. You must do what it says. Otherwise, you are only fooling yourselves.”**(NLT) so I want to look at some practical ways we can “not be anxious”.

I want to look at a particular example from Jesus’ life. Two weeks ago, we celebrated Easter. Do you remember what happened the night before Jesus was arrested? In Matthew chapter 26, we read that He went to the Garden of Gethsemane with His disciples and there are some interesting phrases that describe His experience there. Things like:

- **“...and he began to be sorrowful and troubled.” He said to them, "My soul is very sorrowful, even to death...”**
- **“And going a little farther he fell on his face and prayed, saying, "My Father, if it be possible, let this cup pass from me; nevertheless, not as I will, but as you will.”**
- **“And being in an agony he prayed more earnestly; and his sweat became like great drops of blood falling down to the ground.”**

Now I don’t know about you, but these verses are a little disturbing to me because at first glance it seems that Jesus might be a little worried. I mean, just reading the description of what was going on, that’s what it seems like. I’d say He’s definitely concerned about what He knows is about to happen. But yet, we know that Jesus was perfect in every way and He was without sin, so we have to believe that He was not worried here in the same way that he told us “not to worry”. So how do we resolve this?

**WHAT WAS HE DOING:** We see the situation that Jesus found Himself in. We see many of the details surrounding this time, and He knew what was going to happen. We see the situation that was causing His intense feelings, and I can tell you that I would be anxious and worried (by any

definition) if I was in the same situation, but here is what else I want you to see: What was He **doing**? He was praying. Praying. He was talking to the only person that could really make a difference in the situation: His Father, GOD. And notice what He was NOT doing: he was not walking around muttering under His breath, "I've really got myself in a situation now, what am I going to do?" He was praying, he was putting Himself in God's hands; "**not my will but your will be done.**" And He completely trusted God. Why? Because He knew His Father intimately.

**QUOTE:** He had a lot to be worried about. But instead of worrying He was seeking God first and trusting God to take care of him.

And I think that has to be a key for us in this whole worry thing. Will situations arise in our lives where we have legitimate concerns? Absolutely. Jesus even told us that "in this life you will have trouble." The question is not: "Can we avoid every worrisome situation?" The question is: what are we going to do when we find ourselves in a worrisome situation.

To help us with this, sometimes, we get so consumed with worry, so wrapped up with worry that we may feel like we are on fire. When that happens, here is what I want to recommend to you today: do what you learned to do in school if you are on fire: Stop, Drop and Roll.

1. **Stop:** stop dwelling on the thoughts, stop mulling them over and creating scenarios in your mind. You can't always prevent the thoughts from coming in, but you do have control over whether or not you dwell on them. A great verse for this is 2 Corinthians 10:5 "**...we take captive every thought to make it obedient to Christ.**" To me that means that I don't have to think about things that I don't want to think about it. If I start thinking anxious thoughts I can choose to not dwell on them but to think about God instead.

A wonderful lesson that I've learned from my mother-in-law is this: There is no grace for the "what-ifs" in life. God has abundant grace, overflowing grace for whatever real situations we face, but zero for the imaginary ones. Take the thoughts captive before they take you captive.

2. **Then Drop:** drop to your knees in prayer: give it to God, It's not that you ignore the situation or fail to take appropriate action, but trust God. Ask Him to tell you if there is anything you need to do in response to the situation. But most of all, give Him control of the situation and let Him take care of it. We saw what Jesus did in response to a worrisome situation, and the Apostle Paul gives us the same instruction in Philippians 4:6. "**do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God.**" "Supplication" is just a fancy word that means "to ask humbly." Don't be anxious, but pray. Pray. Pray. Seek God and his kingdom first. Tell Him what you are worried about and listen for His voice. What is he saying?

3. **Lastly, Roll:** roll with the punches. Okay, so that was pretty hokey! But I bet you will remember it. Seriously, what did Jesus say? In this life you will have trouble. God brings trouble and trials into our lives in order to refine us, to conform us more to the image of his son Jesus. **Romans 8:28-29** says, "**And we know that for those who love God all things work together for good, for those who are called according to his purpose. For those whom he foreknew he also predestined to be conformed to the image of his Son...**" So don't waste your trials or your trouble, but allow God to make you more like Jesus during the situations that can cause worry.

## CONCLUSION

I want to conclude today with a personal story. I have to say that every time I preach I get a little more sympathy with Jonas and what he has to go through regularly as God first teaches Him some lesson before he teaches us.

I had a business trip this week out to Grand Junction. I am a Geologist and a coworker and I were going out to look at some rocks out in that area. Our whole team had gone to over there a few months ago and on that trip our boss wanted to take us out for big meals pretty much for every meal we ate. So, of course, the company is paying for it, so it's free, so you eat all you want. And I came back from that trip several pounds heavier and not really feeling so good.

So this trip comes up, and I said to myself, "Self, you need to keep your eating under control this time. All your meals are going to be out in restaurants, so you need to really think about what you eat and how much you eat." (Notice that I am thinking these things, not praying.) So I'll admit I was probably a little worried about it, a little overly concerned about it, but I didn't realize that till the end of this story.

So we had a big dinner on Wednesday night and I did pretty well, but then on Thursday morning, we ate breakfast at the breakfast buffet at the hotel. And I don't really get along so well with all-you-can-eat buffets! So, I had a fairly substantial breakfast. I didn't eat as much as I could have, but I ate more than I should have.

So we head to our first stop, and I began to mentally berate myself. "Jeffrey, why did you do that? Why did you eat so much? Why did you go back for seconds? You said you weren't going to do that. You're really going to have to work out hard now just to make up for this." (Notice again, that I am entertaining thoughts rather than praying.) and this continued for awhile. So we got out at our first stop, and I knew we were going to be walking some, but what I didn't realize was that actually we were going to be hiking, in the hot sun with backpacks on, and sometimes where there were no trails. We probably hiked about 5 miles that day.

And on the way back to the car from the first stop, I was still berating myself in my mind, and God basically said, "You're sure worried about this." Yea, God I know, I know. And He says, "You do realize that you're going to burn off those extra calories you ate this morning with all the hiking you do today. I am taking care of you." And I started laughing. Because that's when it hit me, that all the worrying did not help me lose a single pound...but God took care of me. And I realized that here I am about to preach a sermon on Sunday about "Worry" and how respond to it, and I just broke all the points of application that I just gave you! I forgot to stop the thoughts that were going through my mind, I didn't drop to knees give the situation to God in prayer, and I was completely overwhelmed by this little thing rather than rolling with the punches. But praise God He gives us grace even when we mess up. And He gently calls us back onto the right path.

Now I realize this is just a small example, and it doesn't compare at all with what some of you are facing today. But I just want you to know that in small things or big...we can trust our God. He is totally, completely and 100% trustworthy. He will take care of us. But He is worthy of our praise, of our time and our treasure and we need to seek Him first. And know that when we do that, he will take care of us.

So remember, when something comes up that makes you want to worry, what are you going to do? Stop, drop and roll. And you may have to practice that before it becomes habit in your life. .