

CLEAR VISION

March 22, 2020 / [Matthew 6:25-34](#)

Clear Vision

Series: "The WHY Matters" part 3

Sunday, March 22, 2020

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Matthew 6: 25-26—Therefore I tell you: Don't worry about your life, what you will eat or what you will drink; or about your body, what you will wear. Isn't life more than food and the body more than clothing?

26 Consider the birds of the sky: They don't sow or reap or gather into barns, yet your heavenly Father feeds them. Aren't you worth more than they?

Worry means = TO CHOKE OR TO STRANGLE.

- The Greek word used means = DISTRACTED....ANXIOUS

Here is one reason Jesus teaches us not to WORRY.

- **Worry causes you to FOCUS on the LESSER more than the GREATER.**

So how do we Clean up our Vision and not be Choked by Worry? We must focus our vision on...

1. LOVE > ANXIETY.

Should we ...

Have concern? YES

Take precautions? YES

Take action? YES

Worry? NO

2 Corinthians 6: 18— And I will be a Father to you, and you will be sons and daughters to Me, says the Lord Almighty.

2. FAITH > FEAR

Matthew 6: 27-32— Can any of you add one moment to his life span by worrying? **28** And why do you worry about clothes? Observe how the wildflowers of the field grow: They don't labor or spin thread. **29** Yet I tell you that not even Solomon in all his splendor was adorned like one of these. **30** If that's how God clothes the grass of the field, which is here today and thrown into the furnace tomorrow, won't he do much more for you—you of little faith? **31** So don't worry, saying, 'What will we eat?' or 'What will we drink?' or 'What will we wear?' **32** For the

little faith? **31** So don't worry, saying, 'What will we eat? Or what will we drink? Or what will we wear?' **32** For the Gentiles (Pagans) eagerly seek all these things, and your heavenly Father knows that you need them.

Worry has more Negative Effects than Positive:

WEAKENS your HEALTH

Weakens your immune system / Cardiovascular damage / intestinal issues like Ulcers and IBS /
Decreased Fertility / Accelerated Aging / Premature Death

Creates TENSION in RELATIONSHIPS

Home / Marriage / Parenting / Work / School / Community

Disrupts your SPIRITUAL HEALTH

Here is a great action step: CONVERT FEAR TO FAITH!

3. ETERNAL > TEMPORARY

Matthew 6:33-34— But seek first the kingdom of God and his righteousness, and all these things will be provided for you. **34** Therefore don't worry about tomorrow, because tomorrow will worry about itself. Each day has enough trouble of its own.

- Don't Worry...WORK!

John 16: 31-34— Jesus responded to them, "Do you now believe? **32** Indeed, an hour is coming and has come, when each of you will be scattered to his own home, and you will leave me alone. Yet I am not alone, because the Father is with me. **33** I have told you these things so that in Me you may have peace. You will have suffering in this world. Be courageous! I have conquered the world."

1 John 4:4— You are from God, little children, and you have conquered them because the one who is in you is greater than the one who is in the world.

Matthew 24: 4-8— "Watch out that no one deceives you. **5** For many will come in My name, saying, 'I am the Messiah,' and they will deceive many. **6** You are going to hear of wars and rumors of wars. See that you are not alarmed, because these things must take place, but the end is not yet. **7** For nation will rise up against nation, and kingdom against kingdom. There will be famines and earthquakes in various places. **8** All these events are the beginning of labor pains.

God's Got This ...God's Got You!

The Big Take-Away:

WORRY about NOTHING....PRAY about EVERYTHING

Philippians 4: 5-7— Don't worry about anything, but in everything, through prayer and petition with thanksgiving, present your requests to God. **7** And the peace of God, which surpasses all understanding, will guard your hearts and minds in Christ Jesus.

