

“Facing COVID-19 Worry-Free!”

Matthew 6:25-34

East Berlin Community Church

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April 19, 2020

Introduction

- Experiencing COVID-19 pandemic
- A mental-health pandemic with increased anxiety, depression, and stress.
- Three-peat: “*Do not worry!*”-- v. 25, 31, 34
- Worry: The preoccupation of our minds

Facing COVID-19 Worry-Free!

A. Why do we worry? -- Matthew 6:25-30

1. We inadequately assess life.

- Matthew 6:25--“Therefore I say to you, do not worry 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?”

2. We doubt our worth in God’s sight.

- Matthew 6:26--“Look at the birds of the air, for they neither sow nor reap nor gather into barns; yet your heavenly Father feeds them. Are you not of more value than they?”

3. We think that worry will change things.

- Matthew 6:27--“Which of you by worrying can add one cubit to his stature”

4. We fail to trust God’s loving care.

- Matthew 6:28-30-- “So why do you worry about clothing? Consider the lilies of the field, how they grow: they neither toil nor spin; and yet I say to you that even Solomon in all his glory was not arrayed like one of these. Now if God so clothes the grass of the field, which today is, and tomorrow is thrown into the oven, will He not much more clothe you, O you of little faith?”

B. How can we be “worry-free”? – Matthew 6:31-34

1. Begins with a conscious decision that we are not going to worry.

- Matthew 6:31-- “Therefore do not worry, saying, ‘What shall we eat?’ or ‘What shall we drink?’ or ‘What shall we wear?’”
- a. Subtle change in Greek text—Matthew 6:25, 31
- b. Why we should make the choice not to worry?
 - Matthew 6:32-- “For after all these things the Gentiles seek. For your heavenly Father knows that you need all these things.”
 - 1) We are to be different from the world.
 - 2) Our heavenly father knows our needs

2. Actively trust God to keep His promises.

- Matthew 13:22-- “is he who hears the word, and the cares of this world and the deceitfulness of riches choke the word, and he becomes unfruitful..”
- a. **By Praying for our daily needs.**
 - Philippians 4:6-7-- “Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus.”
 - 1 Peter 5:7-- “Casting all your care upon Him for He cares for you!”
- b. **By Pursing Proper Priorities—Matthew 6:33**
 - Matthew 6:33--“But seek first the kingdom of God and His righteousness, and all these things shall be added to you.”
 - 1) What are the “proper priorities?”
 - 2 Corinthians 11:28-29-- “Beside the other things, which come upon me daily: my deep concern for all the churches. Who is weak and I am not weak? Who is made to stumble, and I do not burn with indignation.”
 - Philippians 2:20-- “For I have no one like-minded, who will sincerely care for your state. For all seek their own, not the things which are of Christ Jesus.”
 - 1 Corinthians 12:25-26-- “there should be no schism in the body, but that the members should have the same care for one another. And if one member suffers, all members suffer with it; or if one member is honored, all the members rejoice with it.”

- 2) God's promise: He will bless us!
 - Psalm 37:4-- *"Delight yourself also in the Lord, and he will give you the desires of your heart!"*
- 3) Application; Grace giving
 - 2 Corinthians 8:2-3-- *"in a great trial of affliction the abundance of their joy and their deep poverty abounded in the riches of their liberality. For I bear witness that according to their ability, yes, and beyond their ability, they were freely willing, imploring us with much urgency that we would receive the gift and the fellowship of the ministering to the saints."*
 - 2 Corinthians 9:6-8-- *"But this I say: He who sows sparingly will also reap sparingly; and he who sows bountifully will also reap bountifully. So let each one give as he purposes in his heart, not grudgingly or of necessity; for God loves a cheerful giver. And God is able to make all grace abound toward you, that you, always having all sufficiency in all things, may have an abundance for every good work."*
- 4) Illustration: Widow of Zeraphath-- 1 Kings 17
 - 1 Kings 17:14--*"the jar of flour will not be used up and the jug of oil will not run dry until the day that the Lord gives rain on the land!"*

c. By Learning to be content

- 1) Contentment is a learned, not something that comes naturally.
 - Philippians 4:11-12--*"I have learned in whatever state I am, to be content: I know how to be abased, and I know how to abound. Everywhere and in all things I have learned both to be full and to be hungry, both to abound and the suffer need."*
- 2) True gain in life is measured by degree of godliness with contentment.—1 Tim. 6:6
 - 1 Timothy 6:6-- *"godliness with contentment is great gain. For we brought nothing into this world, and it is certain we can carry nothing out. And having food and clothing, with these we shall be content."*
- 3) Contentment comes through trusting God...
 - a) Who owns everything, including this universe—Psa. 24:1
 - Psalm 24:1-- *"The earth is the LORD's and all its fulness, the world, and those who dwell therein."*
 - b) Who controls everything.—1 Chronicles 29:12
 - 1 Chronicles 29:12-- *"Both riches and honor come from You and You reign over all. In Your hand is power and might; In Your hand it is to make great and to give strength to all."*
 - c) Who provides everything.—Phil. 4:19
 - Philippians 4:19-- *"My God shall supply all your need according to His riches in glory by Christ Jesus."*
 - Matthew 6:8-- *"knows the things you have need of before you ask Him"*

3. Living Fully in the Present—Matthew 6:34

- Matthew 6:34-- *"Therefore do not worry about tomorrow, for tomorrow will worry about its own things. Sufficient for the day is its own trouble"* (NKJV)
 - Matthew 6:34-- *"So don't worry about tomorrow, for tomorrow will bring its own worries. Today's trouble is enough for today."* (New Living Translation)
- a. Two Stress-full ways of dealing with the present
 - 1) Procrastination: Today's problems postponed till tomorrow
 - 2) Worry: Tomorrow's forecasted problems today.
 - b. Focusing on doing what God has put on our plate TODAY.
 - Philippians 1:19-26--*"For I know that this will turn out for my deliverance through your prayer and the supply of the Spirit of Jesus Christ, according to my earnest expectation and hope that in nothing I shall be ashamed, but with all boldness, as always, so now also Christ will be magnified in my body, whether by life or by death. For to me, to live is Christ, and to die is gain. But if I live on in the flesh, this will mean fruit from my labor; yet what I shall choose I cannot tell. For I am hard-pressed between the two, having a desire to depart and be with Christ, which is far better. Nevertheless to remain in the flesh is more needful for you. And being confident of this, I know that I shall remain and continue with you all for your progress and joy of faith, that your rejoicing for me may be more abundant in Jesus Christ by my coming to you again."*