



**SERIES: Walking with Jesus**  
**SPEAKER: NAT CRAWFORD**  
**Saturday, December 9, 2023**  
**Scripture: Matthew 6:25-27, 33-34**  
**TITLE: Worry Is a Thief**

Let me be honest. I'm a worrier. I usually don't worry about money. Though at times, I have. I don't worry about my health. Though at times, I have. I tend to worry about what I'm going to eat. I'm a foodie, so each meal must be an experience worth remembering. Now, obviously, I'm not losing sleep over these decisions. I'm not experiencing anxiety over a meal, but it does steal my attention unnecessarily.

We all experience worry over some of the most trivial things. I'm sure you have yours. But Jesus has some helpful and convicting words for us today, beginning in Matthew 6:25 (CSB).

“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? 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? Can any of you add one moment to his life span by worrying?...

“But seek first the kingdom of God and his righteousness, and all these things will be provided for you. Therefore don't worry about tomorrow, because tomorrow will worry about itself. Each day has enough trouble of its own.” (Matthew 6:25-27, 33-34)

Let's quickly recall what Jesus has just said. He's been talking about where to invest. We are to invest in the things that are eternal. We are to be sold out and committed to God. Therefore, don't worry about the trivial things of this world. We can stress over the smallest of events or hurdles.

Jesus says, “Worrying will not add one moment to your life.” In other words, worry does nothing but rob us of our joy, our attention, and our faith. Instead, we are to seek God's Kingdom. Pursue His righteousness, and all the things we need will be realized. In other words, “don't sweat the small stuff. God has it taken care of.”

Does this mean we won't experience trials? No. We will. Does this mean we won't ever have deficits in our life? No, we will. But when we are in love with God and focused on His Kingdom and pursuing His righteousness, we will have peace and contentment through it all. God will provide for our truest needs. The question is, do we believe Him?

I love how Jesus finishes this teaching. He says, “Don't worry about tomorrow. Today has enough problems.” Jesus doesn't deny the hurdles and the trials. Jesus doesn't deny the hardship we will face. He knows it. He cares. That's why He says, “Focus on God. Focus on His

Kingdom. Focus on pursuing a life pleasing to Him. There is freedom there. Worry is a robber. Don't let him steal one more moment."

So this is my challenge for you today: take your focus back.

When we focus on the have nots rather than the haves, we lose. When we fixate on the problems rather than peace giver, we falter. When we focus on our wants rather than God's best, we compromise. So today, take your eyes off of the deficit and put them on the provider. Focus on the protector rather than the problem.

When we listen to Jesus and follow His lead, we will win the day.