

Don't Worry, Be Happy

Matthew 6:25-34

This morning, as we move on in our study of Matthew we find Jesus continuing to teach as He sits on the mountain side. For about 30 minutes Jesus delivers a sermon which is later recorded by the power of the Holy Spirit. Within this sermon Jesus touches upon a number of different behaviors that is expected of a person who has come into a relationship with Him, who is now in the spiritual kingdom of God on earth and is a disciple.

Wouldn't you have loved to have been in the audience that day, listening to Jesus teach. Of course even today, as we read through this sermons we have more questions than answers and I am sure that was true of those who heard Jesus teach. But to be on that hillside on a pleasant day, with a slight breeze with perhaps hundreds of others and Jesus, in a tone that was soft yet strong, delivering a message bathed in love but firm, shared His heart.

I hope, that as you read through the teachings of Jesus that your heart resonates with the presence of the Holy Spirit. Resonating with truth, resonating with a desire to be committed to learn how to be obedient and resonating with love as you see this is really what it is all about. Jesus' love for you to live with the greatest experience of Him and His ways.

As we start this next section Jesus begins with a summing up statement.

Matthew 6:25, "For this reason I say to you, do not be worried about your life..." And then He goes into reasons you can be worried and then reasons not to be worried.

Let's think first about this first statement...for this reason I say to you, do not be worried... It is a summary statement isn't it? For this reason, what reason? What reason does Jesus say that we don't have to worry?

First of all I think Jesus is saying that everything I have taught you so far is good heavenly stuff. If you, with My help, enter into the teachings I have shared with you so far, teachings on how to act, speak, pray, forgive, love and give, you don't have to worry because as you do these things you will have all the peace and joy you can handle. And when hard stuff comes along you will be able to walk it out because you have learned that I am with you always.

For most, today seems to be the day of worry and anxiety doesn't it? Worry and anxiety is something that every person has had to deal with since the beginning of time but today, with just passing through the COVID event, watching some of the decisions our nation and the world is making, listening to the news about how the sky is always falling or going to fall, all these things don't help do they? They inflame our natural bent towards anxiety. Let's see what Jesus has to say about this.

Let's go ahead and read through our passage. Its several verses long but it is best if we read through it all.

Matthew 6:25-34, "For this reason I say to you, do not be worried about your life, as to what you will eat or what you will drink; nor for your body as to what you will put on. Is not life more than food and the body more than clothing. Look at the birds of the air, that they do not sow, nor reap nor gather into barns and yet your heavenly Father feeds them. Are you not worth much more than they. And who of you, by being worried can add a single hour to his life? And why are you worried about clothing? Observe how the lilies of the field grow; they do not toil nor do they spin, yet I say to you that no even Solomon in all his glory clothed himself like one of these. But if God so clothes the grass of the field, which is alive today and tomorrow is thrown into the furnace, will He not much more clothe you? You of little faith! Do not worry then, saying, 'what will we eat?' or 'What will we drink?' or 'what will we wear for clothing?' For the Gentiles (the unsaved) eagerly seek these things; for your heavenly Father knows that you need all these things.

But seek first His kingdom and His righteousness and all these things will be added to you. So do not worry about tomorrow; for tomorrow will care for itself. Each day has enough trouble of its own.”

There is a bunch here isn't there? But Jesus uses three things, clothing, food and water, as examples of things we are not to worry about.

For those listening to Jesus' sermon back in the day, these things might have been an issue but for most of us, we don't have to worry about these specific things. But more than worrying about food, water and clothing, I think Jesus is making the point that as

1. As God's children you don't have to worry about anything.

But that is easier said than done isn't it? How many of you have mastered the not worrying about anything issue? Be here's the thing. If Jesus says that we can come to a place where we don't worry about anything then we really can, with His help, come to a worry free life.

After talking about the possibility of being a worrier and why we shouldn't be a worrier because you are more important to God than the birds, grasses and lilies of the field, Jesus goes on to give us the how to not to be a worrier in verse 33.

Matthew 6:33, “But seek first His kingdom and His righteousness and all these things shall be added to you.”

2. Seeking Jesus' Kingdom & His Righteousness is the Key to His Provision in Our Life

Lets think for a moment what it means to seek first the kingdom and Jesus' righteousness. Let's start with seeking Jesus righteousness for the righteousness we receive is part of the kingdom we get to be a part of.

I think when Jesus says seek first His righteousness it means to come into an understanding of the righteousness He shares with us.

We know, left to our own means there is no way we can be holy, not holy like God is.

1 Samuel 2:2, "There is none holy as the Lord; for there is none besides thee."

As you study the scriptures and come to know God you know there is no changing in Him. His holiness always was and always will be. But we are called to be holy aren't we? How do we attain this holiness? It is receiving the work of Jesus on the cross. It is by receiving by faith that Jesus has shared His holiness with us and because of this we can be in His holy kingdom and live forever

1 Corinthians 1:30, "But by His doing you are in Christ Jesus, who became to us wisdom from God, and righteousness and sanctification, and redemption..."

When you accepted Jesus Christ as your Lord and Savior, He not only redeemed from sin and eternal death but He shared with you His holiness or righteousness.

2 Corinthians 5:21, "He (God) made Him (Jesus) who knew no sin to be sin on our behalf, so that we might become the righteousness of God in Him."

Through the gift of our salvation from Christ we have been made righteous or holy and it is this holiness that carries us to heaven. It is this holiness that allows us to be in God's holy kingdom today and for all eternity.

I believe that as we understand this issue of accepting Jesus' imparted holiness to us, it is then we get to move on in our understanding of what it means to not only be in His holy kingdom, but how to function in holiness and power within His kingdom here on earth.

A big part of understanding what it means to be part of God's spiritual, kingdom here on earth comes from understanding what it means for us to be in a covenant relationship with Jesus and His Father God.

Priscilla Franzen has been doing some studying and teaching on the blood covenant we enter into with Jesus and think it is important for us to understand this in light of not being anxious about our future.

Covenant is not a word that is used very often in today's language. We were talking about this with a group the other night and the only real examples of covenant we could come up with was the marriage covenant and a HOA covenant.

Definition: Covenant means to be in an agreement or a contract with another person.

There are promises made by both parties in order to keep the covenant agreement in tack.

For example, the promises of marriage. Both parties promise to love, comfort, honor in sickness and in health, forsaking all others as long as both shall live. Then they give each other rings as a symbol and reminder of their vows.

Unfortunately you have heard me say that in the case of marriages today it seems like these promises are conditional. I make these promises to you as long as you make me happy. If not, then I break the covenant with you and I move on.

But that is not the case with Christ. There is no moving on with Him even when you make Him unhappy. Our covenant with Jesus is not something that is bound by a bunch of words. No, it is bound by something much, much more powerful.

Jesus said the following in **Matthew 26:28**, “...for this is the blood of the covenant, which is poured out for many for the forgiveness of sins.”

3. Jesus’ covenant with us was sealed with His blood.

Jesus instituted what we call the Lord’s Supper prior to being arrested, crucified, put in a tomb and then resurrected. He made the covenant with His disciples based upon what He was going to do and in order for the covenant to be sealed, He must keep His word.

We know Jesus kept His word based upon several things. The testimony of scriptures. The testimony of the church over 2,000 years and the testimony of the Holy Spirit.

When we accept the work of Jesus on the cross for the forgiveness of our sins, it is because somewhere along the line the Holy Word of God has penetrated our hearts. We heard the truth about our sinful state, we knew it was truth and we were moved to do something about it. We accepted the blood offering of Jesus and through the blood, we came into covenant with Him.

We also know Jesus has kept His word because for 2,000 years, millions of people have lived and died believing the truth and helping the next generation to hear and believe as well.

And lastly, we Jesus kept His word for when we come into relationship with Him, the Holy Spirit comes into us and we know that we know it is truth. We have entered into the truth and the truth has entered into us. Therefore we know Jesus kept His word of the covenant.

All of this to say that we have sought the righteousness that Jesus says we are to seek and it is now ours by the blood of Jesus Christ.

Our covenant with Jesus and His covenant with us is covered, sealed by His powerful blood. The blood of the Lamb, the Son of God.

Doesn't get much more powerful than that does it?

Now if Jesus was faithful in developing a covenant of blood for salvation, don't we believe He is faithful in this same blood covenant to provide for us and to protect us as He says?

When the Israelite people were getting ready to go into the promised land, this was the promise God gave them.

Deuteronomy 31:6, "Be strong and courageous, do not be afraid or tremble...for the Lord God is the one who goes with you. He will not fail you or forsake you."

God's promise to His people was to be with them when they face all manner of trials and temptations. As Jesus has brought us into His kingdom, the promise for us is the same. He will not fail us or forsake us and if we allow Him, He is not only the one who goes with us but He will go before us.

Let's end by looking at some of the promises Jesus gives us and that are sealed in covenant with His blood.

Matthew 11:28-30, “Come to me, all of you who are weary and carry heavy burdens, and I will give you rest. Take my yoke upon you. Let me teach you, because I am humble and gentle at heart, and you will find rest for your souls. For my yoke is easy to bear, and the burden I give you is light.”

Jesus promises rest and to teach us the ways of the kingdom.

Within what Jesus promises to teach us is the following promise. **John 8:32, “...you will know the truth and the truth will set you free.”**

Within freedom there is peace, confidence and all manner of blessings.

John 15:5, “Those who remain in me, and I in them, they will produce much fruit.”

Jesus promises us that we will be kingdom fruit producers.

There are many more promises from Jesus but in them all, they are within the covenant He has made with us through His blood. They are irrevocable, unbreakable.

So to take this back to where our passage was in Matthew 6...Why worry? That’s a good question. There is no need to worry because Jesus paid it all, Jesus is the provider of all and He is the protector of all. The only thing we have to do is seek Him and then rest.

When I begin to be anxious about something my go to word is refuge. My God you are my refuge and I come to you. 68 times the word refuge is used in the Psalms like the following.

Psalm 17:7, “Wondrously show Your lovingkindness, O Savior of those who take refuge at Your right hand...”

Psalm 18:2, “The LORD is my rock and my fortress and my deliverer, My God, my rock, in whom I take refuge; My shield and the horn of my salvation, my stronghold.”

I am not always good at taking refuge in Christ but I am getting better and better at it. As I ponder the blood of Jesus and His willingness to shed His blood to be in a covenant relationship with me, my faith and trust in Him is building.

In many ways, on many days, He is my rock, my fortress, my deliver as I come to Him as my refuge.

How about you? How is your worry and anxiety meter?

Let's pray