

**SUNDAY SCHOOL LESSONS**  
**Commentary by Michael Sigler**  
**November 27, 2011**

**Facing Life Without Worry**

Matthew 6:25-34

**Key verses: “But strive first for the kingdom of God and his righteousness, and all these things will be given to you as well. So do not worry about tomorrow....Today’s trouble is enough for today” (Matthew 6:33-34).**

The story is told that the former Archbishop of Dublin, Ireland had a morbid fear of becoming paralyzed—and he worried about it constantly. One night at a dinner party, the lady sitting next to the archbishop heard him muttering to himself: “God help me, it has finally happened. I have lost all the feeling in my right leg.”

The lady replied: “Your grace, it may comfort you to learn that it is *my* leg you are pinching.”

The word *worry* comes from an old Anglo-Saxon word that means “to strangle or choke.” And that is exactly what worry can do! Worry can strangle our effectiveness, our joy, even our physical health. All of us, at some time or another, must face this universal problem, the problem of worry.

In this passage of Scripture, Jesus gives us some principles which, if we will put them into practice, can help us win over worry:

**1. We need to realize the uselessness of worry.** Jesus asks the question, “Can any of you by worrying add a single hour to your span of life?” (v. 27) The answer, of course, is that no one can.

Vance Havner said, “Worry is like a rocking chair. It will give you something to do, but it won’t get you anywhere.” We need to realize, Jesus is saying, how completely useless worry is.

Worry never makes things better, and usually it makes things worse. So, to win over worry, we need to realize the uselessness of worry.

**2. We need to refuse to borrow tomorrow’s troubles.** “So do not worry about tomorrow, for tomorrow will bring worries of its own” (v. 34).

Someone has suggested that there are two days in every week about which we should refuse to worry. One of those days is yesterday, with its mistakes and hurts and blunders. Yesterday has passed forever beyond our control. All the money in the world can’t bring back yesterday. The other day about which we should refuse to worry is tomorrow, with all its possible challenges, problems, and demands. Tomorrow too is beyond our immediate control.

That leaves only one day—today. And that is the one day for which God has promised to give us grace sufficient for every need!

So, Jesus teaches us, don't waste your worries on tomorrow's problems. It won't do you any good. Refuse to borrow tomorrow's troubles. Instead, learn to receive new grace from the Lord each new day to meet the demands of life.

**3. Do what you can about the things that cause you worry.** Sometimes worry is our way of avoiding what we really need to do—face up to the situation and do something about it. A lot of worry can be neutralized by taking constructive action.

Sometimes, the answer is to face up to our fear instead of worrying about it. An old proverb says: "Fear and doubt knocked on the door; courage and faith answered. There was no one there."

Jesus teaches about a very specific kind of action that we can take: "But strive first for the kingdom of God and his righteousness, and all these things will be given to you as well" (v. 33). The alternative to worrying about tomorrow is to do God's will today, then trust God to take care of everything else.

**4. Commit your situation to God.** After we have done what we are able to do, and after we have sought to align our priorities with God's will and way, then—to win over worry—we need to turn our worries over to God!

Need some help with trusting God instead of worrying? Jesus said: "Look at the birds of the air; they neither sow nor reap nor gather into barns, and yet your heavenly Father feeds them....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 clothed like one of these. But if God so clothes the grass of the field, which is alive today and tomorrow is thrown into the oven, will he not much more clothe you—you of little faith?" (vv. 26, 28-30).

Jesus taught that we can win over worry.

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