

‘Taking It One Day at a Time’ Matt. 6:30-32, 34

Introduction: Does it surprise you how much attention He gives to this subject? He spoke more on worry than any other subject in this sermon, except for prayer. And of course, prayer is one of the primary antidotes to worry. Christ’s intent here is not to produce in us a detached ‘who cares’ attitude. There really is a healthy concern we can have for others. For example, we can be concerned about the spiritual well-being of others.

I. How did He know they had little faith?

He knows us, inside and out. He knows that when we worry, we are demonstrating little _____. Notice He did not say ‘no faith’ but little. Having no faith would be bad. And the stronger your faith becomes, the less you tend to worry. He doesn’t want us to worry and while He points all this out, He is also very gentle with us.

II. What does living one day at a time not mean?

A. First, it does not mean we should not make plans. Lk. 14:28-30 I think a good principle here is: ‘*Plan for the next 10-20 years and then live one day at a time.*’

B. It does not mean we shouldn’t take precautions. James 4:15 Wise precautions, wise planning.

C. It does not mean we should not think about tomorrow. The best translation here is: ‘Don’t be anxious about tomorrow’. We all have to think about tomorrow, but we don’t have to be nervous or fearful of tomorrow.

III. The relentless fear of the future

A. The root of worry is unbelief. But in particular, worry is a type of fear, mostly a fear of the future, of what may happen or not happen. The word for trouble in verse 34 is *kakia*, or evil. We worry that trouble lies ahead.

B. Worry is relentless. It won’t give up easily. Worry is a spirit of fear. 2 Tim. 1:7
What is He saying here? God gives grace for today, so don’t try to solve tomorrow’s problems with today’s help. When tomorrow comes, God will then give you help for that day. His _____ are new every morning!

C. Also, this is not just a nice suggestion but He is giving us a command: ‘*don’t worry, worry can’t do anything good and it’s a sign that you aren’t really trusting Me*’. And with each command, He supplies what we will need.

IV. Living by faith, one day at a time.

A. Jesus closes this section on worry by appealing to our _____ sense. Worrying about tomorrow only cripples you today. It doesn’t give you any peace; it only steals your joy. Worry doesn’t help! It is counterproductive. It means you’re living like those who don’t know God. Don’t try to carry your burdens before they come!

B. We are reminded of that great promise in Dt. 33:25: ‘*as your days are, so shall your strength be.*’
Or as He told Paul, ‘*My grace is sufficient for you.*’ It really is.

C. Pray about all these things. Always turn your worry list into your prayer list. Earlier He said don’t put your money first and here don’t put your worries first. Put God first then all these other things will fall into their place.

D. There are lots of helpful lessons for us here. Watch out for and pray against an anxious and over-careful spirit. Remember, half of our miseries are caused by imagining things that we think might happen and yet most of them never do!

So, where is our faith? Where is our confidence in our Savior’s words here?

Remember what David learned in his life as expressed in Ps. 37:25: ‘*I was young and now I am old, yet I have never seen the righteous forsaken or their children begging bread.*’

Finally, as for the future, God says He has already seen it, He’s already there, so He can confidently report back to us and say: ‘*don’t worry, I’ve got this.*’