

‘Do Not Be Anxious’ part 2 Matt. 6:25-26

Introduction: Here is your thought question for the day: *Are birds too dumb to worry or are they too smart to worry?* This morning I want to look at two good ways to help overcome worry.

I. Increase your faith.

How does one go about doing that? In one sense, it’s not so much the size of your faith as it is what is the object of your faith. Your faith is only as good as it’s object. So, we all want our faith to grow, to become stronger. *How do we do that?* Here are 5 ways to help with that:

- A. Get to know God. How can you trust someone you don’t know? Mt. 13:58
- B. Soak your mind in the Word of God. Rom. 10:17
- C. Listen to the stories and testimonies of others. Please share your faith stories with others.
- D. Exercise your faith. Use it. Faith is like a _____; it grows with exercise.
- E. Pray about it. Faith too is a gift of God. Pray for your faith to grow.

II. Decrease your greed.

A. Recognize the difference between needs, comforts and luxuries. What does Jesus promise us God will do? Meet our needs. 1 Tim. 6:6-10 *So, how do we decrease our greed?*

- B. Reassess your lifestyle. Get your cues from the Word of God not from Hollywood.
 - 1. Can what would be a comfort or even luxury for someone, be a need for someone else?
 - 2. Three basic needs we have in order to do the work to which each of us is called to do:

a. Confidence. This means believing you can do what you are called to do. Confidence is essential. In regards to worry, if you worry day and night that you are not able to do your job, it just may be that you have taken on a job God has not called you to do.

b. Competence. This means you have the ability to do your job.

c. Credibility. This is having a good reputation, a good name, someone you can trust. So, to decrease your worry level you want to deal with someone who has credibility, someone you know can do the job.

Remember, God will challenge you and put you in uncomfortable situations that require you to exercise faith, that’s one thing, that’s how _____ grows; but if your greed has landed you somewhere, like in a job that just doesn’t fit you but you wanted it because it paid a little better, and now all you do is worry, something is wrong.

III. Learn from the birds. 6:26

Why did Jesus refer to birds? Jesus’ analogy with birds can be seen in three areas.

- A. Birds and worry. Birds don’t worry. It doesn’t cross their little minds to worry about what to eat.
- B. Birds and work. Birds work for what they eat. God doesn’t just drop food down their mouths. This shows that faith isn’t lazy.
- C. Birds and worth. ‘Are you not more valuable than they?’ Thus, thinking of this last analogy, how do we overcome worry? Remember who you are! You are made in His _____. A King’s kid!

Conclusion: The world, the flesh and our enemy will never stop trying to add stress and worry to your life; don’t help them out by demanding that God meet our wishes and things He never promised to meet. He’s promised to meet our needs. Remember those great prayer requests in the Lord’s prayer!

So, in one sense, it’s okay to be a bird-brain, birds don’t worry.

Birds are too dumb to worry, or is it, they are too smart to worry?