

**Don't Worry!  
Have Faith!**

Matthew 6:25-34

# Matthew 6:25

Therefore I tell you,

**do not worry** about your life,

what you will eat or drink;

or about your body,

what you will wear.

Is not life more important than food,  
and the body more important than clothes?

# Introduction

‘Worries are distressing thoughts that occupy our minds that go in circles’

- \* Worries affect our perspective
- \* Worries influence our value

# Reasons Why We Should Not Worry

- I. **Your Life Is More Than Physical Needs (Matthew 6:25-30)**
  
- II. **Your Heavenly Father Knows Your Need (Matthew 6:31-33)**

Matthew 6:25-30

Your Life  
Is More Than Physical Needs

# Matthew 6: 26

Look at the birds of the air;  
they do not sow or reap  
or store away in barns,  
and yet your heavenly Father feeds them.

**Are you not much more valuable than they?**

# Birds of the Air



# Matthew 6:27

Who of you by worrying  
can add a single hour to his life?



# Don't Worry!

- \* Worries cannot extend your life
- \* Worries cannot solve problems

# Matthew 6:28

And why do you worry about clothes?  
See how the lilies of the field grow.  
They do not labor or spin.

# Lilies in Their Splendour



# Matthew 6:29

Yet I tell you that  
not even Solomon in all his splendor  
was dressed like one of these.

# King Solomon



# Matthew 6:30

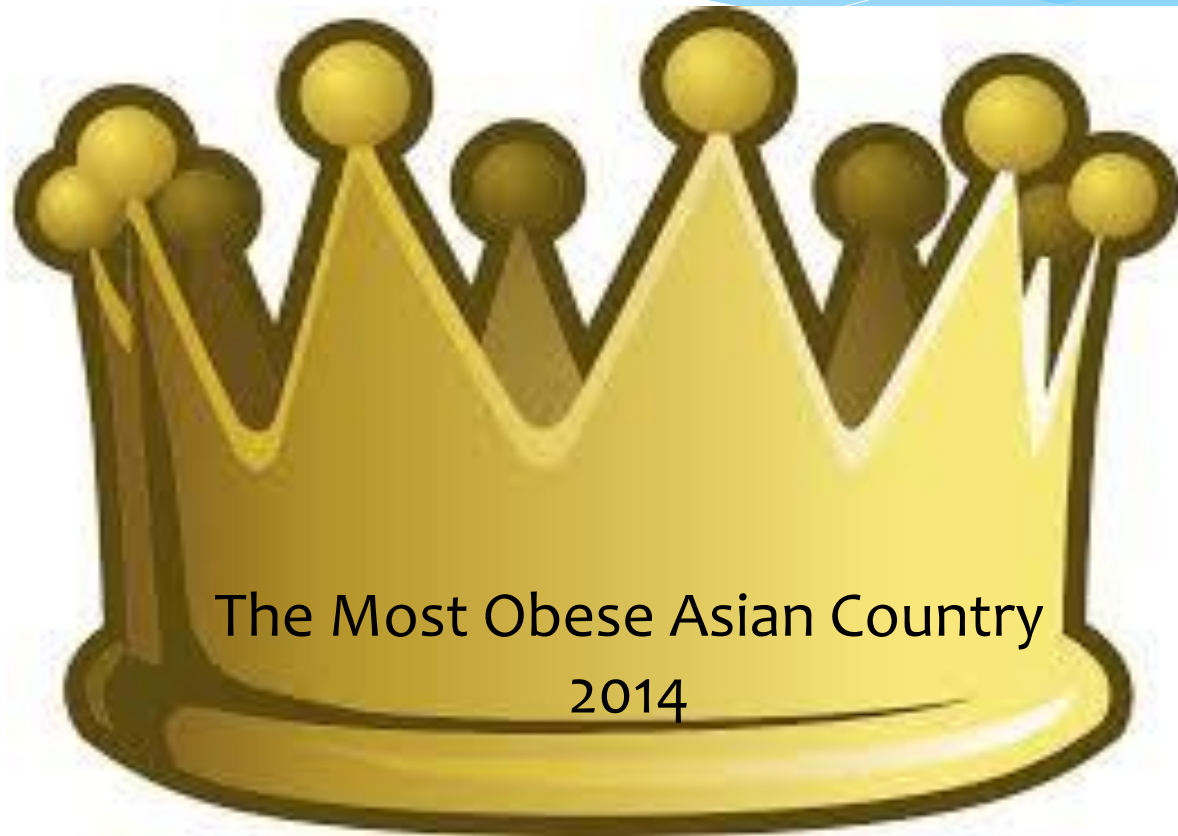
If that is how God clothes the grass of the field,  
which is here today  
and tomorrow is thrown into the fire,  
will he not much more clothe you,  
O you of little faith?

# Human Needs



Maslow's Hierarchy of Needs

# Malaysia



The Most Obese Asian Country  
2014



# Food, Glorious Food!



# Clothes, Beautiful Clothes!



# Christ Actualization

Spiritual  
Needs

Emotional  
Needs

Physiological  
needs

Matthew 6:31-34

Your Heavenly Father  
Knows Your Needs

# Matthew 6:31

So do not worry, saying,  
‘What shall we eat?’  
or ‘What shall we drink?’  
or ‘What shall we wear?’

# Matthew 6:32

For the pagans run after all these things,  
and your heavenly Father knows that you need them.

# Non Believers' Fixation

- \* Because their life is one dimension and earth bound.
- \* Because they don't have a heavenly father to take care of them.

# Matthew 6:33

But **seek first** his kingdom and his  
righteousness,  
and all these things will be given to  
you **as well**.



# Romans 14:17-18

For the kingdom of God is not a matter of  
eating and drinking,  
but of righteousness, peace and joy  
in the Holy Spirit

Because anyone who serves Christ  
in this way is pleasing to God  
and approved by men.

# Seek First

- \* Prioritize spiritual matters
- \* Pursue righteous living

# 2 Chronicles 1:7-12

## Kings' Wishes

- \* Wealth
- \* Riches
- \* Honor
- \* The death of enemies
- \* Long life

## Solomon's Wish

- \* Wisdom
- \* Knowledge

# The Wisest and Richest Man

King Solomon



# Conclusion

# Matthew 6:34

Therefore do not worry about tomorrow,  
for tomorrow will worry about itself.

Each day has enough trouble  
of its own.

# Lion King

Hakuna Matata!

What a wonderful phrase

Hakuna Matata!

Ain't no passing craze

It means no worries for the rest  
of your days

It's our problem-free philosophy

Hakuna Matata!

Hakuna Matata?

Yeah. It's our motto!



# Don't Worry! Have faith!

1. Our life is much more than our physiological needs
2. We have a heavenly father in our life



# Build Up Our Faith

- \* When we experience God's provision.
- \* When we remember our experience of God's provision.
- \* When we continue to exercise our faith that God will provide.

The End