

Notes & Quotes – May 16, 2010

The Fear of Running Out

Matthew 6:25-34

Series: Fearless

Matthew 6:25-34 (*The Message*)

25-26 "If you decide for God, living a life of God-worship, it follows that you don't fuss about what's on the table at mealtimes or whether the clothes in your closet are in fashion. There is far more to your life than the food you put in your stomach, more to your outer appearance than the clothes you hang on your body. Look at the birds, free and unfettered, not tied down to a job description, careless in the care of God. And you count far more to him than birds.

27-29 "Has anyone by fussing in front of the mirror ever gotten taller by so much as an inch? All this time and money wasted on fashion-do you think it makes that much difference? Instead of looking at the fashions, walk out into the fields and look at the wildflowers. They never primp or shop, but have you ever seen color and design quite like it? The ten best-dressed men and women in the country look shabby alongside them.

30-33 "If God gives such attention to the appearance of wildflowers-most of which are never even seen-don't you think he'll attend to you, take pride in you, do his best for you? What I'm trying to do here is to get you to relax, to not be so preoccupied with getting, so you can respond to God's giving. People who don't know God and the way he works fuss over these things, but you know both God and how he works. Steep your life in God-reality, God-initiative, God-provisions. Don't worry about missing out. You'll find all your everyday human concerns will be met.

34 "Give your entire attention to what God is doing right now, and don't get worked up about what may or may not happen tomorrow. God will help you deal with whatever hard things come up when the time comes."

worry = merimnao (mer-im-nah'-o) = to be anxious, to be troubled with cares,
to be strangled or choked with concern

"Jesus doesn't condemn legitimate concern for responsibilities but rather the continuous mind-set that dismisses God's presence. Destructive anxiety subtracts God from the future, faces uncertainties with no faith, tallies up the challenges of the day without entering God into the equation. Worry is the darkroom where negatives become glossy prints." – Max Lucado

Moving from worry to trust...

- **Gain God's perspective** (v. 26-28)
- **Settle the "Master" issue** (v. 33)
- **Live in the present tense** (v. 34)

"The reason so many of us are overwrought, tense, distracted, and anxious is that we've never mastered the art of living one day at a time. Physically we do live a day at a time. We can't quite help ourselves. But mentally we live in all three tenses at once...and that will not work!" – William Elliott