

Do not worry and be heathy

October 21, 2014

Matthew 6:25-34

New King James Version (NKJV)

Do Not Worry

25 "Therefore I say to you, do not worry about your life, what you will eat or what you will drink; nor about your body, what you will put on. **Is not life more than food and the body more than clothing?** 26 Look at the birds of the air, for they **neither sow nor reap nor gather into barns**; yet your heavenly Father feeds them. Are you not of more value than they? 27 Which of you by worrying can add one cubit to his stature?

28 "So why do you worry about clothing? Consider the lilies of the field, how they grow: they **neither toil nor spin**; 29 and yet I say to you that even **Solomon** in all his glory was not arrayed like one of these. 30 Now if God so clothes the grass of the field, **which today is, and tomorrow is thrown into the oven**, will He not much more clothe you, O **you of little faith?**

31 "Therefore do not worry, saying, 'What shall we eat?' or 'What shall we drink?' or 'What shall we wear?' 32 For after all these things the Gentiles seek. For **your heavenly Father knows that you need all these things**. 33 But seek first the kingdom of God and His righteousness, and all these things shall be **added** to you. 34 Therefore do not worry about tomorrow, for tomorrow will worry about its own things. Sufficient for the day is its own trouble.

- High Quality Life : Happy Life
- High Quality body : Healthy Life
- Stature : Growth or Increase in Years

Worldly Life

- Sow
- Reap

- Gather into Barns
- Finally, trying to get a good life, by that time everything is gone.
- **Toil** : Male
- **Spin** : Female
- Solomon had wealth, glory but not health

Real Life

Eg: Birds

- Immediate Life
- Seek ye first the kingdom of God and His righteousness
- Birds, thanks giving. Singing.

Eg: Lilies

- No Stress
- We have health through Jesus Christ
- Wealth and Glory shall be added unto us

Eg: Grass

- More importance even just for a day, that it should be clothed
- How much more, we who live eternally will be clothed (healthy)

To:

- Its for the people, "O you of little faith"

Luke 12:30-32

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30 For all these things the nations of the world seek after, and your Father knows that you need these things. 31 But seek the kingdom of God, and all these things shall be added to you.

32 “Do not fear, little flock, for it is your Father’s good pleasure to **give you** the kingdom.

How to receive ALL these things?

Romans 14:17

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17 for the kingdom of God is not eating and drinking, but **righteousness and peace and joy in the Holy Spirit.**

- Peace is the absence of worry
- Joy is what God wants on his carefree children

Do not worry

Proverbs 17:22

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22 A **merry heart** does good, like **medicine**,
But a broken spirit dries the bones.

1 Peter 5:7-8

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7 casting all your **care** upon Him, for He cares for you.

8 Be sober, be vigilant; because your adversary the devil walks about like a roaring lion, seeking whom he may devour.

Luke 8:50

King James Version (KJV)

50 But when Jesus heard it, he answered him, saying, **Fear not**: believe only, and she shall be made whole.

Solomon received wealth from God and from heavy tax

Solomon’s wealth from God

Psalms 72:15

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15 And He shall live;
And the gold of Sheba will be given to Him;
Prayer also will be made for Him continually,
And daily He shall be praised.

Solomon's Tax

1 Kings 10:14

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Solomon's Great Wealth

14 The weight of gold that came to Solomon yearly was six hundred and sixty-six talents of gold,

1 Kings 12:4

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4 "Your father made our yoke heavy; now therefore, lighten the burdensome service of your father, and his heavy yoke which he put on us, and we will serve you."

2 Chronicles 10:4

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4 "Your father made our yoke heavy; now therefore, lighten the burdensome service of your father and his heavy yoke which he put on us, and we will serve you."

2 Chronicles 10:9

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9 And he said to them, "What advice do you give? How should we answer this people who have spoken to me, saying, 'Lighten the yoke which your father put on us'?"

1 Kings 3:13-14

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13 And I have also given you what you have not asked: both **riches and honor**, so that there shall not be anyone like you among the kings all your days.

14 So if you walk in My ways, to keep My statutes and My commandments, as your father David walked, then I will **lengthen your days**."

- **riches and honor** without condition

- **lengthen your days** comes with a condition
- Solomon didn't get lengthen of days
- We received lengthen of days through Jesus Christ

Therefore do not worry about tomorrow, for tomorrow will worry about its own things. Sufficient for the day is its own trouble.

Other Verses

2 Corinthians 9:6-11

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The Cheerful Giver

6 But this I say: He who sows sparingly will also reap sparingly, and he who sows bountifully will also reap bountifully. 7 So let each one give as he purposes in his heart, not grudgingly or of necessity; for God loves a cheerful giver. 8 And God is able to make all grace abound toward you, that you, always having all sufficiency in all things, may have an abundance for every good work. 9 As it is written:

“He has dispersed abroad,
He has given to the poor;
His righteousness endures forever.”

10 Now may He who supplies seed to the sower, and bread for food, supply and multiply the seed you have sown and increase the fruits of your righteousness, 11 while you are enriched in everything for all liberality, which causes thanksgiving through us to God.