

Title: Should I be Anxious About Tomorrow?**Text:** Matthew 6:25-34**Main Idea:** The follower of Jesus Christ has no reason to worry—not even about necessities. Rather, the follower of Christ is to seek first the kingdom of God and God will provide.**Date & Location:** May 19 & 20, 2018 | Edgewood Baptist Church | Rock Island, IL**Introduction**

In 1995, Disney Pixar introduced us to *Toy Story*, a \$373-million-dollar money making success. It was so successful that in 1999, they release its follow-up, *Toy Story 2*.

But In 1998, *Toy Story 2* suffered a near fatal blow. A 150-person crew had been hard at work on the movie for several months, when someone not working on the movie accidentally entered a command on a computer that started deleting the movie from Pixar's server. Files began to disappear for 20 long second before someone was able to pull the plug on the server. When the server rebooted, 90% of the movie had been deleted.

Can you imagine the different levels of worry, anxiety, and frustration running through that team? First, the employee who ran the command was probably wondering if they were going to be fired. Second, you have the team working on the movie worried about whether or not there was a current back-up that they could turn to. There wasn't. Their back-up system failed so the most recent back-up they could use was 2-months old. That same team also had a concrete deadline they were up against to get the movie finished so I'm sure many were worried about whether or not they were going to hit that deadline. I cannot imagine the worry, the anxiety, or the pressure from that situation. But I do know what it's like to worry. We all do.

“What Should We Be Worried About?”

Last month, Ipsos released the results of a survey they conducted in March on what Americans worry about. Terrorism was number 3, coming in at 29% of respondents. That number is actually down 6% from the year before. Coming in at number 2 was healthcare. 33%

of Americans are worried about healthcare, which was the number one issue Americans were worried about in all of 2017. And the number one issue Americans are worried about, gaining 7% from the previous month and coming in at 35%, is Crime and Violence.¹

I can relate to the worry about crime and violence and I live in a safe neighborhood. But I still worry. I worry about how long we will be able to live in our home before the different taxing bodies tax us to such a degree that we can no longer afford our house.

I worry about the safety of my daughters in our hyper-sexualized society and wonder how they will be protected from sex-traffickers and any others who would seek to harm them.

I worry about a 5-point-9-million-dollar building project and all of the multiple details associated with it. I worry about just one of those important details falling through the cracks.

Those are a handful of my worries. What do you worry about? Children? Political Issues? Relationships at work or home? We worry. Kent Hughes calls anxiety, "... the universal disease of our age."² Some of the best worriers we know are right here in this room. But here's the deal: We all worry and even though we're good at, worry isn't a virtue that we would tell others to strive for. Nobody is ever going to say to you and to me, "I want to be a better worrier. How can I be as good at it as you are?" That's not a compliment. That's an insult! Worry doesn't build up, it's taxing!

Worry can feel like a tremendous weight bearing down on us and it hurts and it's tiring and we're just not sure how much longer we can do it. Listen, Jesus has a message for you and for me and it's a message of freedom. Here's the message: If you're a follower of Christ, you

¹ <https://www.ipsos.com/en-us/news-polls/what-worries-the-us-march-2018>

² R. Kent Hughes, *The Sermon on the Mount: The Message of the Kingdom*, Preaching the Word (Wheaton, IL: Crossway Books, 2001), 219.

have no reason to worry. But, if you're not a follower of Christ, you have great reason to worry.

Let's turn to our text, Matthew 6:25-34.

²⁵ “Therefore I tell you, do not be anxious 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: they neither sow nor reap nor gather into barns, and yet your heavenly Father feeds them. Are you not of more value than they? ²⁷ And which of you by being anxious can add a single hour to his span of life? ²⁸ And why are you anxious about clothing? Consider the lilies of the field, how they grow: they neither toil nor spin, ²⁹ yet I tell you, even Solomon in all his glory was not arrayed like one of these. ³⁰ But if God so clothes the grass of the field, which today is alive and tomorrow is thrown into the oven, will he not much more clothe you, O you of little faith? ³¹ Therefore do not be anxious, saying, ‘What shall we eat?’ or ‘What shall we drink?’ or ‘What shall we wear?’ ³² For the Gentiles seek after all these things, and your heavenly Father knows that you need them all. ³³ But seek first the kingdom of God and his righteousness, and all these things will be added to you.

³⁴ “Therefore do not be anxious about tomorrow, for tomorrow will be anxious for itself. Sufficient for the day is its own trouble.

Background

Before we dive into some of the specifics of our text, we need to set the scene. Our text is part of the Sermon on the Mount and Jesus is addressing two audiences with the same message. His first audience is His disciples...those who have been personally called by Jesus to follow Him and be a part of His ministry. The second is the crowds that have been following Him because of His fame. Two different groups but the message is the same: this is what being a disciple of mine looks like. If you're going to follow me then this is what discipleship looks like.

Now, fast forward to Matthew 6:25 and we come across this very important word, “Therefore.” Bible Study 101...whenever you come across the word *Therefore* you must find out what the word *therefore* is there for? In this case it's a reference back to verses 19-24,

¹⁹ “Do not lay up for yourselves treasures on earth, where moth and rust destroy and where thieves break in and steal, ²⁰ but lay up for yourselves treasures in heaven, where neither moth nor rust destroys and where thieves do not break in and steal. ²¹ For where your treasure is, there your heart will be also.

²² “The eye is the lamp of the body. So, if your eye is healthy, your whole body will be full of light, ²³ but if your eye is bad, your whole body will be full of darkness. If then the light in you is darkness, how great is the darkness!

²⁴ “No one can serve two masters, for either he will hate the one and love the other, or he will be devoted to the one and despise the other. You cannot serve God and money.”

Our text on worry is actually part two of Jesus’ sermon on material possession. Part one is what we just read. In part one, Jesus addresses the hearts of the rich when He says, “Do not lay up for yourselves treasures on earth...” He is not indicting the wealthy for being wealthy. However, if something other than God is Lord of your life that’s idolatry and idolatry is a violation of the ten commandments and the greatest commandment, to love God with all your heart, soul, mind, and strength. What Jesus is doing here is this: He is instructing the wealthy not to place their confidence in their wealth and to make sure that they are serving, or said another way, “enslaved to,” God rather than their possessions. That’s part one of this message.

We’re in part two and in part two, Jesus turns His attention from the hearts of the “haves” to the hearts of the “have nots” and addresses the things that a poor person might place confidence in, and therefore worry about, which is this: God’s provision of our basic necessities.

Now that we have our context, let’s focus in on our first point: You don’t need to worry because of who God is.

I. You Don’t Need to Worry Because of Who God Is (6:25)

In verse 25, Jesus says, “Therefore I tell you, do not be anxious about your life...” This is the 12th time in Matthew 5, 6, and 7 where Jesus makes a “do not” statement. It’s important that we catch this and here’s why:

You may not realize this but my wife is raising 3 children under the age of 5 and a husband who is almost 40!. When Suzy and I were first married, we both had habits and expectations that we brought into our marriage. If our marriage was going to thrive, some of my

selfish habits were going to need to stop and I was going to have to learn how to serve my wife. But there's one habit that still survives to this day and it's an ongoing habit. If Suzy has a box or a storage container that she would like to go to the basement, she will set it at the top of the basement stairs. I could walk past that box and go up and down the stair 10 different times and it will not cross my mind to pick it up and take it downstairs. It drives Suzy nuts. I don't do any of that to spite her...it's not vindictive...I'm just usually on a different mission and I don't think to stop, pick up the box, and take it downstairs. If I'm going to put that box away it will be because Suzy has asked me to do it. Guys, are you getting elbowed right now?

I'm getting better. When I get home from work and I see a trash bag sitting in the garage, I help that bag take those final three steps from the door to the garbage can. I'm improving.

Listen, with the words, "do not be anxious...", Jesus is correcting an ongoing behavior. Jesus is not saying, "Someday down the road, something will happen and you'll become anxious. Don't do that." Jesus is saying, "You were worried yesterday. You are worried today. And you are worrying right now about your life. And you don't need to."

"Why Jesus? Why don't I need to worry?"

"You don't need to worry because of who God is." Look back at verse 24, "No one can serve two masters, for either he will hate the one and love the others, or he will be devoted to the one and despise the other. You cannot serve God and money." If you are a follower of Christ, God is your master. You are enslaved to Him and He is going to care for your "life." What does that word mean? "Life" refers to your physical, mental, emotional, and spiritual being. It's an all-inclusive term, there is nothing left out with this word. That means that if you're a follower of Jesus Christ, you have no reason to worry because you are enslaved to the God of the Universe

and everything that is in it. You are cared for by the Author of Life. The only master for the Christian is God and because of that, His message to you is that you do not need to be anxious.

Now, let me take a moment and speak briefly to a specific group of people. If you struggle with depression or panic attacks and anxiety is something that is a very serious issue for you, I want to be sensitive to your situation as you try and make sense of what the Bible says on anxiety and what you're experiencing. Here's what you need to know as to how this relates to your situation: You need to know that this message from Jesus isn't meant to be a burden. This message isn't meant to weigh you down and give you one more thing to worry about. Actually, it's meant to bring freedom. It's a message of hope and healing and help and grace and mercy. And all of those are available right now...today...in the present. And they will be available tomorrow too. Your path to healing might look different than another person's path and it might involve help from a professional, but that's okay. The point is that Christ offers help and healing and freedom from the burden of anxiety and it's available to you and you can have freedom because of who God is.

What We Get Anxious About

Let's look back at the rest of verse twenty-five. Jesus is about to give three specific things that we worry about. Jesus says, "...do not be anxious for 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?"

Caloriebee.com says that in 2015, the average American consumed roughly 1,885 pounds of food per year or right around 2,600 calories per day.³ Most of us don't spend a lot of time

³ <https://caloriebee.com/misc/Food-Consumption-by-The-Numbers>

worrying about where our next meal is going to come from, but how many times have you opened the refrigerator door and said, “We have nothing to eat!”

What about clothing? According to a Bureau of Labor Statistics report, the average American family spent \$1,700 annually on clothing in 2015. A Forbes article pointed out that in 1930, average American woman owned 9 outfits. In 2015, that number was 30, one for every day of the month. Yet, how often have you gone to your closet and said, “I have nothing to wear.”

In both examples, it isn't that there's nothing to eat or anything to wear. It's that you and I, at our core, are self-absorbed people and when self-absorbed people only focus on our bodies being fed, clothed, watered, and housed, we can't help but worry if we sense that we're lacking in one of those areas.

In Bible times it would be difficult not to worry about such things. If there was little snow in the mountains there would be little water in the rivers. Rainfall was typically minimal. If there was a shortage of water it was safe to assume there would also be a shortage of food. In an agricultural society like there's, if there was a food shortage it would affect the entire economy. If food wasn't sold, families would also have no money to purchase clothes. But what did Jesus say? “Do not be anxious” for any of those things. Why? Because life is more than food and the body more than clothing.⁵ Since life itself comes directly from God, why should we worry and fret about his giving us the food and drink necessary for life? He will not go halfway. He gave you life, and he will maintain it as long as he wills. If there is a God who has given us the great gift of life, we do not need to be anxious about the little things we need day by day.⁶

II. You Don't Need to Worry Because of How God Provides (6:26-30)

⁵ John MacArthur, *The MacArthur New Testament Commentary: Matthew 1-7*, (Chicago, IL: Moody Publishers, 1985), 420.

⁶ Hughes, 221.

Here's the second thing I would like us to see: You don't need to worry because of how God provides. Let's take a look at the three illustrations Jesus uses to prove his point. The first is found in verse 26, "Look at the birds of the air: they neither sow nor reap nor gather into barns, and yet your heavenly father feeds them. Are you not of more value than they?"

How many birds do you know that are suffering from high blood pressure? What about birds suffering from a stress-related disease? No bird is worried about where their next meal is going to come from. The only time a bird eats excessively is when humans put them in cages. Birds don't stockpile food. Why? Because God has provided them with an abundance of food resources as well as the instinct to find those resources for themselves and their babies. There are millions and millions of birds and God provides for each one of them and none of those birds are created in His image. Now listen to this argument, "If God so carefully takes care of such relatively insignificant creatures as birds, how much more will He take care of those who are created in His own image and who have become His children through faith? Are you not of more value than they?"⁷ No bird was promised heirship with Jesus Christ throughout all eternity. No bird has a place prepared for them in heaven. But if you've placed your faith in Jesus Christ and He is Lord of your life, you do. God provides for the birds, He will provide for you too.

Let's look at the second illustration. It's found in verse 27, "And which of you by being anxious can add a single hour to his span of life?" Let's state the obvious: anxiety doesn't lengthen life. Anyone ever been in a situation and experienced what's called fight or flight? Fight or flight is a surge of adrenaline that puts the body on high alert. Web MD says that chronic worry can also bring on "fight or flight." During fight or flight, the sympathetic nervous system releases stress hormones. These hormones can boost blood sugar levels and triglycerides that can

⁷ MacArthur, 422.

be used by the body for fuel. Those hormone can also cause physical reactions like difficulty swallowing, dizziness, dry mouth, fast heartbeat, fatigue, headaches, inability to concentrate, irritability, muscle aches, muscle tension, nausea, nervous energy, rapid breathing, shortness of breath, sweating, trembling and twitching. When the excessive fuel is in your blood and not used for physical activities, the chronic anxiety and outpouring of stress hormones can have serious physical consequences like suppression of the immune system, digestive disorders, muscle tension, short-term memory loss, premature coronary artery disease, and a heart attack.⁸ Jesus and Web MD confirm, worry does not add length to life.

Finally, Jesus gives a third illustration having to do with clothing, “And why are you anxious about clothing? Consider the lilies of the field, how they grow: they neither toil nor spin, yet I tell you, even Solomon in all his glory was not arrayed like one of these. But if God so clothes the grass of the field, which today is alive and tomorrow is thrown into the oven, will he not much more clothe you, O you of little faith?”

“Lilies of the field” may be any of the wild flowers so abundant in Galilee, and these “flowers of the field” are just like the first illustration of “birds of the air.” The point is a little different from the first illustration, where birds work but do not worry. The flowers neither toil nor spin. The point is not that Jesus’ disciples can be lazy but that God’s providence and care are so rich that he clothes the grass with wild flowers that are neither productive nor enduring. Even Solomon, the richest and most extravagant of Israel’s monarchs, “in all his splendor” was not arrayed like one of these fields.⁹ Listen to the words of John Piper, “When you look at a lily, which has no will of its own to labor and spin, yet adorned with beautiful form and color, if you

⁸ <https://www.webmd.com/balance/guide/how-worrying-affects-your-body#1>

⁹ D. A. Carson, “Matthew,” in *The Expositor’s Bible Commentary: Matthew, Mark, Luke*, ed. Frank E. Gaebelein, vol. 8 (Grand Rapids, MI: Zondervan Publishing House, 1984), 180–181.

believe in God, you must draw at least this one conclusion: God delights to adorn things. But if his delight finds expression in adorning grass, that's here today and gone tomorrow, then surely his delight in adornment will express itself in how he clothes his children!"¹⁰

One commentator sums it up this way, "Worry is not a trivial sin, because it strikes a blow both at God's love and at God's integrity. Worry declares our heavenly Father to be untrustworthy in His Word and His promise. . . .Worry shows that we are mastered by our circumstances and by our own finite perspective and understanding rather than by God's Word. Worry is therefore not only debilitating and destructive but maligns and impugns God."¹¹

III. You Don't Need to Worry Because You Have More Pressing Things to Do (6:31-33)

Another argument against worry is found in verses 31-33, "Therefore do not be anxious, saying, 'What shall we eat?' or 'What shall we drink?' or 'What shall we wear?'" For the Gentiles seek after all these things, and your heavenly Father knows that you need them all. But seek first the kingdom of God and his righteousness, and all these things will be added to you." You don't need to worry because you have more pressing things to do.

At the beginning of verse 32, Jesus says, "For the Gentiles seek...". That word "Gentiles" is an important word. The word, as it's being used here, means, "unbelievers." Jesus is saying to the crowds, when you worry about these things, you're worrying about things that the world worries about. People who don't follow God chase after things that aren't eternal. They put their hope and their expectations in things that they can enjoy now. When we worry, we look just like the world and we are saying to God that we don't think He knows our needs. Look again at verse 32, "For the Gentiles seek after all these things, and your heavenly Father knows that you need

¹⁰ John Piper, <http://www.desiringgod.org/sermons/do-not-be-anxious-about-your-life>

¹¹ MacArthur, 425.

them all.” Anxiety shows that we are too close to the world and too far from God. We have to remember that our loving heavenly Father knows our needs now and forever.¹²

Well, what should we do instead? Verse 33 has our answer, “But seek first the kingdom of God and his righteousness, and all these things will be added to you.” If the cause of worry is seeking the things of this world, then the cause of contentment is seeking the things of God’s kingdom and His righteousness. It’s important that we note here the priority that God’s kingdom and his righteousness are to have in our lives. Jesus says that we are to seek those things first. “First” here means first in terms of importance. It isn’t one of a number of competing aims. Rather, God’s kingdom and his righteousness is to be top priority in the life of the believer and always top priority. It is to be the center of our existence so that we experience the rule of God fully in our heart. Well, what does that look like? It is to say, as Paul did in Acts 20:24, “But I do not account my life of any value nor as precious to myself, if only I may finish my course and the ministry that I received from the Lord Jesus, to testify of the gospel of the grace of God.” The follower of Christ is to constantly seek to do the things that God wills, it is to be submissive to the King and it is to spread the reign of Christ through the spreading of the gospel. With verse 33, Jesus is actually taking us right back to the beginning of the sermon. He is taking us to Matthew 5:3, “Blessed are the poor in spirit for theirs is the kingdom of heaven.” And He’s also taking us to Matthew 5:6, “Blessed are those who hunger and thirst for righteousness, for they shall be satisfied.”

Back to verse 33, “But seek first the kingdom of God and his righteousness...” Why Jesus? Why should I seek after these things first? We find our answer in the rest of verse 33, “and all these things will be added to you.” What’s the “these things”? It’s all of the things that

¹² John Piper

the Gentiles worry about. It's the basic necessities of life. Christ is saying that if seeking the kingdom of God and his righteousness is at the center of your life, your heavenly Father will care for your food, your drink, your clothing...your basic necessities. He knows that you need them and He will graciously provide you with them.

IV. You Don't Need to Worry About Tomorrow (6:34)

“Therefore,” verse, 34, “do not be anxious about tomorrow, for tomorrow will be anxious for itself. Sufficient for the day is its own trouble.”

You have to see what Jesus is doing here. If you have an accountability partner who is holding you accountable for your procrastination, they've probably shared with you the quote from that overachiever, Benjamin Franklin, “Don't put off until tomorrow what you can do today.” In verse 34, Jesus is saying, “When you are tempted to worry, you have my permission to put it off until tomorrow. Don't worry about it today. Today has its own trouble. You, go ahead and worry about it tomorrow. And then, when tomorrow comes, you go ahead and put it off another day.”

Do you see what Jesus is doing? If you continue to put worry aside until tomorrow, tomorrow will never come and worry won't be an issue. I can't predict the headlines but I can assure you of this, tomorrow is going to have trouble. There's no getting around it. Worrying about tomorrow doesn't enable you to escape evil. It makes you unfit to cope with it. Kent Hughes says, “We always have the strength to bear the trouble when it comes. But we do not have the strength to bear worrying about it. If you add today's troubles to tomorrow's troubles, you give yourself an impossible burden.”¹³

¹³ Hughes, 224.

Nowhere in here is Jesus saying that the believer will have a smooth path if they put off worrying until tomorrow. Jesus is making clear that there is a big difference between facing your problems with firm faith in your heavenly Father and facing them with anxiety.

Conclusion

As we wrap up our time together, we need to take a moment and apply what we've learned. While it's true that Jesus wants to bring you freedom from anxiety, it is also true that the words that are recorded here in Matthew 6 bring with them an incredible weight. You see, as I've mentioned earlier, in Matthew 5, 6, and 7, Jesus is laying out what it looks like to be a Christ-follower. With every word that He speaks in these three chapters, He places a weight on the hearer and that weight is meant to be burdensome. It's the weight that one experiences when they are under incredibly high expectations. It's a weight that is meant to drop you to your knees and have you utter the words, "I can't do this. I can't do this on my own. Jesus, I can't do this without your help." That, friends, is the position that Jesus begins his sermon with in Matthew 5:3...that's poverty in spirit and Jesus doesn't just want you in that position at the point of salvation. He wants you in that position through the rest of your sanctification process, or said another way, the rest of your life. Jesus' message to you and to me this morning is that we need Him for more than the overcoming of worry. We need Him in every aspect of life. We are utterly dependent on Him.

Listen, the first step in dealing with your anxiety is placing your faith in Jesus Christ for the forgiveness of your sins. Apart from Christ, you have a massive burden on your shoulders. Your sin has separated you from an always holy, always righteous God who has that same expectation of you but because you sin, you fall well short of that expectation. You need a remedy. You need someone who can live the sinless life that you can't live. Someone who died

the death on the cross you should have died. Someone who was buried and rose again and Jesus did all of those things and He makes it possible for you to be made right with God by placing your faith in Him. Have you done that? If not, would you like to do that today? We will care for that in just a minute.

You also need to know that there is help professional available for your worry and it's okay to get that. If you are a chronic worrier you might need to see a doctor or a counselor. Talk to someone you can trust. Get some additional resources that will help you in this area. Maybe the book by Dr. Linda Mintle will help. Her book is titled *Letting Go of Worry: Finding God's Plan for Peace and Contentment*. Let me share with you some of her suggestions:

First, recognize how little worry can help you. Worry doesn't have the power to prevent anything bad from happening in your life. Also, the bad things that you worry about may never end up happening, and many good things can happen instead. So worry is completely useless.

Second, identify what triggers worry in your life. You can begin to worry whenever: you encounter a situation that feels out of control; you feel vulnerable or powerless; you let your imagination run away with negative thoughts about what may happen in the future; or you experience a loss that's traumatic, difficult, or unexpected. Once you understand what triggers worry in your life, you can begin to guard against worry in those situations.

Third, trust God to deal with what worries you. Use prayer and meditate on Scripture to reduce stress and anxiety. Brain scans and EEG monitoring have both shown that praying and meditating can significantly reduce the stress and anxiety that can trigger worry. Pray regularly about whatever concerns you and meditate on Bible verses that describe God's comforting promises to you. Since God wants the best for you, is always with you, and has the power to do anything, you can trust any worrisome situation to Him and invite Him to work it out for the

best. When you struggle to trust God with something that's worrying you, ask God to reveal whatever unbelief or unhealed wounds may be preventing you from trusting Him completely. Confess those to God and ask Him to give you the faith and healing you need.¹⁴

Let me give you a handful of verse right now that may help:

Matthew 11:28-30, "Come to me, all who labor and are heavy laden, and I will give you rest. Take my yoke upon you, and learn from me, for I am gentle and lowly in heart, and you will find rest for your souls. For my yoke is easy, and my burden is light."

Philippians 4:6-7, "Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus."

Psalm 56:3, "When I am afraid, I will trust in you."

1 Peter 5:7, "Cast all your anxiety on him because he cares for you."

Connie Mack was one of the greatest managers in the history of baseball. One of the secrets of his success was that he knew how to lead and inspire men. He knew that people were individuals. Once, when his team had clinched the pennant well before the season ended, he gave his two best pitchers the last ten days off so that they could rest up for the World Series. One pitcher spent his ten days off at the ball park; the other went fishing. Both performed brilliantly in the World Series. Mack never criticized a player in front of anyone else. He learned to wait 24 hours before discussing mistakes with players. Otherwise, he said, he dealt with the goofs too emotionally.

In the first three years as a major league baseball manager, Connie Mack's teams finished sixth, seventh, and eighth. He took the blame and demoted himself to the minor leagues to give

¹⁴ <https://www.crosswalk.com/faith/women/how-to-let-go-of-worry.html>

himself time to learn how to handle men. When he came back to the major leagues again, he handled his players so successfully that he developed the best teams the world had ever known up to that time.

Mack had another secret of good management: he didn't worry. "I discovered," he explained, "that worry was threatening to wreck my career as a baseball manager. I saw how foolish it was and I forced myself to get so busy preparing to win games that I had no time left to worry over the ones that were already lost."¹⁶

Connie Mack didn't have enough time to worry. After a game was lost, he was already prepping for the next game. Jesus' message to us is "Don't focus on the losses. Don't fret over what you will eat, drink or wear. Focus on winning by seeking first the kingdom of God and his righteousness." Let's pray.

¹⁶ <http://www.sermonillustrations.com/a-z/w/worry.htm>