

**WORRY FREE LIVING**  
**The Power Zone X**  
**Matthew 6:25-34**

**INTRODUCTION**

- A. “Hakunah Matata.” (from The Lion King, 1994)
  - 1. Times at school that I just seemed to be over my head.
  - 2. Adopted phrase “hakunah matata” to get me through.
  - 3. “Hakunah matata” means, “no worry.”
- B. Scripture teaches us the same philosophy of Poomba and Timone.
  - 1. Fortunately, not from a perspective of cartoon characters.
  - 2. We look through the eyes of Jesus and Paul.

**I. DEALING WITH WORRIES.**

- A. If You Choose God...
  - 1. Previous to verse 25 speaks of serving God or mammon (*riches*).
  - 2. Jesus continues in verse 25 with, “*For this reason...*”
    - a. “*If you serve God as your Master...*”
    - b. Then you shouldn’t have anxiety or be overly concerned.
  - 3. Comparison of the birds (food) and flowers (beauty).
  - 3. In other words, “*Seek first His kingdom...*” (vs. 33) to trust completely.
- B. Five Questions in Dealing with Worries.
  - 1. What is really important? Vs. 25, 28
    - a. We do have the tendency to “major in minors.”
    - b. 1 Tim. 6:6-8
  - 2. How much control do I have over those things that worry me?
    - a. Jewish men and their height, v. 27.
    - b. KJ, “...*add one cubit to his stature.*”
    - c. Worrying over things of which I have no control.
  - 3. How are others faring in worse circumstances than mine? Vss. 26-28
  - 4. Isn’t it best to live in day-tight compartments? Vs. 34
    - a. Fear or concern over yesterday happenings.
    - b. Fear or concern over tomorrow’s potential problems.
  - 5. Isn’t our God big enough to handle the toughest situations? Vs. 30
    - a. “My God is So Big.”
    - b. Suggested that worry is “*practical atheism.*”

**II. PRACTICING THE PRESENCE OF GOD.**

- A. Phil. 4:4-9
- B. Four “P’s” to Worry Free Living.
  - 1. Prayer, vs. 6. 1 Thess. 5:17, “...*pray without ceasing...*”
    - a. Talking to God one on one.
    - b. Not determined by where, when, and how.
  - 2. Praise. vs. 6
    - a. Prayer is an outgrowth from atmosphere of praise.
    - b. Keep a journal to check answers. Easier to praise.

3. Peace. vs. 7
  - a. A peace illustrated by Jesus in the boat in the storm, Mt. 8:23-27.
  - b. Peace that does not depend on the external.
4. Poise. vs. 8-9
  - a. Poise through practice.
  - b. Just do it! Mt. 7:21

## **CLOSING**

- A. We need to learn to place our problems in proper perspective.
- B. Only through our yielding to God...
  1. Can we enjoy worry free living.
  2. Mt. 10:39
- C. God supplies the power.