

UPSIDE-DOWN KINGDOM

Sermon on the Mount Series | Matthew 6:25-34
October 5, 2025



Do Not Worry

MATTHEW 6:25-34

25 [Jesus said] "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 than food, and the body more than clothes? 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? 27 Can any one of you by worrying add a single hour to your life?"

28 And why do you worry about clothes? See how the flowers of the field grow. They do not labor or spin. 29 Yet I tell you that not even Solomon in all his splendor was dressed like one of these. 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—you of little faith?

31 So do not worry, saying, 'What shall we eat?' or 'What shall we drink?' or 'What shall we wear?' 32 For the pagans run after all these things, and your heavenly Father knows that you need them. 33 But seek first his kingdom and his righteousness, and all these things will be given to you as well. 34 Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own."

WHY NOT WORRY?

1. Worry _____

MATTHEW 6:27 (NIV)

Can any one of you by worrying add a single hour to your life?

2. Worry _____

MATTHEW 6:31-32 (NLT)

So don't worry about these things, saying, 'What will we eat? What will we drink? What will we wear?' These things dominate the thoughts of unbelievers, but your heavenly Father already knows all your needs.

3. Worry _____

MATTHEW 6:33 (NIV)

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

The God who took care of our greatest problem at the cross can certainly be trusted to take care of anything else we may face daily in this life. He has secured our eternity. He will see you through today. No need to worry. God is on his throne, and you are in his hands.
– Danny Akin, *Exalting Jesus in the Sermon on the Mount*

