

Richmond Hill Baptist Church

January 29, 2012

M6 IN FOCUS: Insight from Matthew 6, “Consumed” (Following with Focus)

Prelude

Call to Worship: *Great is Your Glory*

Welcome: Welcome to the Richmond Hill Baptist Church. If you are a guest please fill out a Connect Card and place it in the offering plate. Let’s greet one another.

Sing: *Indescribable, Holy, Holy, Holy, A Mighty Fortress is Our God*

Children’s Corner: Reading through the Sermon on the Mount (Matthew 5-7)

Matthew 6:25-34

“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 important than food, and the body more important 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?

Australia: Kookaburras, Cockatiels, Lorikeets, Emu, Blue Amazon (\$20 K) Intelligent

Announcements Offering:

1. Youth Ski Trip, this weekend
2. Valentine Brunch, February 11
3. Ambassador Pie Festival, February 9, 1:30 pm, Movie: Courageous, Sign Up
4. Beth Moore Conference, June 8-9 (see video link)

Offertory:

Sermon: **M6 IN FOCUS: Insight from Matthew 6**

Today is day 21 in our Daniel Fast. I want congratulate those of who participated in the fast. I hope this has been a great time of spiritual renewal and focus for you.

Today we are going to talk through: “Consumed” (Following with Focus)

I want to draw your attention to **Matthew 6:25**:

“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 important than food, and the body more important than clothes?

The simple truth is many of us are consumed with worry. We worry about work, school, kids, parents, health, weight, vehicles, homes, appliances, finances, retirement, relationships, & we worry about the weather.

Those who worry a lot are sometimes called **Worry-Warts**.

You might be a Worry Wart if:

1. You bought the \$40.00 extended, extended, warranty for your \$45 DVD player.
2. You recheck the alarm clock 5 times before going to sleep.
3. You resave a computer document 5 times in five minutes.
4. You refill your vehicle fuel tank every time it reaches $\frac{3}{4}$ of a tank.
5. You follow a skateboarder home to tell his mother he was playing in the street.
6. You go to the emergency room when you have gas.
7. You can't rest until you determine what the source of that smell is and where exactly is it coming from.
8. You think the guy tailgating you is really an undercover cop.
9. Your car makes a funny sound and you immediately pull over to call AMA.
10. You have to go back in the house three times to make sure you turned off the coffee machine and the iron (even though you are on the Daniel Fast and can't have coffee you haven't ironed anything in a decade).

We tend to worry about a lot of things that distract us from following God.

3 Reasons to Stop Worrying

1. Worrying Accomplishes Nothing Positive.

Matthew 6:26-27

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? Who of you by worrying can add a single hour to his life? Who of you by worrying can add a single hour to his life?

Worrying changes nothing. It is pointless and it is a waste of our time and energy.

It can't add anything to your life in fact it may shorten your life.

Worrying accomplishes nothing positive but it can accomplish some negative things in your life.

Health studies repeatedly show us that worrying is not healthy and it is destructive to us in many ways. It can become a mental burden that can even cause us to grow physically sick.

Stress and anxiety caused by too much of worrying acts as the trigger for the body to get into a fight or flight mode, as a result of which, the body's nervous system releases stress **hormones like cortisol** into the system. These hormones cause blood sugar level and blood fats to rise significantly, in preparation for the body to use them as fuel. However, if such changes taking place in the body occur on a regular basis, problems begin to crop up.

The presence of these hormones in the system leads to several physical reactions such as: difficulty in swallowing, dizziness, dryness in the mouth, rapid heartbeat, fatigue, problems in concentrating, irritability, muscle pain & tension, nausea, nervous energy, rapid breathing, shortness of breath, sweating profusely, trembling and twitching, headaches.

If the body does not perform some active physical activity to utilize the excessive fuel that has entered the blood stream, it can lead to serious consequences that include: muscle tension, premature coronary artery disease, short-term memory loss, digestive problems, suppression of the natural immune system, & heart attacks.

Worry, Stress, Anxiety can cause more harm than good.

Proverbs 12:25

An anxious heart weighs a man down.

Worry is like a rocking chair. It will give you something to do, but it won't get you anywhere! ~ **Vance Havner**

Worrying accomplishes nothing positive.

Here is a 2nd reason to stop worrying.

2. Worrying is the Opposite of Trusting God.

Matthew 6:28-30

“And why do you worry about clothes? See how the lilies 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, O you of little faith?”

On the mountain side Jesus used the birds and the lilies that were present to remind us that God cares and He is capable of helping us.

If I have prayed for you; you might have heard me say: God we pray to you because you care and you are capable of helping us.

God does not want us to worry he wants us to pray. He wants us to exercise faith and trust in him.

The energy that we spend worrying can be put to much better use in prayer.

Philippians 4:6-7

Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. ⁷ And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

Any concern too small to be turned into a prayer is too small to be made into a burden. ~ Corrie ten Boom

Here is a 3rd reason to stop worrying.

3. Worrying Puts Your Focus in the Wrong Direction.

Matthew 6:31-34

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.

Today is the tomorrow we worried about yesterday. ~ Author Unknown

Jesus reminds us that God cares for us and He wants to take care of us.

A study done by Dr. Walter Calvert, funded by the National Science Foundation, revealed some fascinating statistics about human beings and worry. Here's what he found:

- 30% of our worries are about events in the past
- 40% of the things we worry about never happen
- 12% of our worries are unfounded health concerns
- 10% of our worries are over minor and trivial issues
- Only 8% of our worries are real, legitimate issues

That means that 82% of our worries are about things which are unimportant, or that we have absolutely no control over. We often worry about things that are simply not worth worrying about.

Moreover – worrying simply takes our focus off of God and it will lead us in a path opposite of following Jesus.

Matthew 13:22

The one who received the seed that fell among the thorns is the man who hears the word, but the worries of this life and the deceitfulness of wealth choke it, making it unfruitful.

Worry leads us down a path that takes far from God.

1 Peter 5:7

Cast all your anxiety on him because he cares for you.

Five Areas to Focus on as you Pray:

(Matthew 6:9-13 – The Lord's Prayer)

1. Focus on the Father

Matthew 6:9: *'Our Father in heaven, hallowed be your name,*

2. Focus on the Kingdom

Matthew 6:9-10: *your kingdom come, your will be done on earth as it is in heaven.*

3. Focus on Physical Needs

Matthew 6:9-11: *Give us today our daily bread.*

4. Focus on Forgiveness

Matthew 6:9-12: *Forgive us our debts, as we also have forgiven our debtors.*

5. Focus on Following paths of Righteousness

Matthew 6:13: *And lead us not into temptation, but deliver us from the evil one.'*

Would you rather be consumed with worry or filled with God, His Word, & His Power?

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

Response: *I Have Decided to Follow Jesus*

1. Confess Your Sin of Worry
2. Ask God to help you be more trusting of him
3. Ask God to empty you of your worries and concerns/
4. Ask God to fill you.
5. Ask God to help you follow him this week.

Postlude: *Hallelujah to My King*

New Members: Lexi Verboom, John & Stephanie Boldt, Muriel Solomons

Next Sunday: *My Story*