

As later we shall see, the birds of the air,---they do

not just perch themselves up into a tree, and wait for food to be brought mechanically to them. They search for it.

They're busy, they're active. Our Lord does not condemn the farmer for ploughing, and sowing, and reaping, and gathering into the barns. For you remember that Paul

once said, if a man will not work, neither will he eat. There were people who were misguided about this, and they were fanatical. They said the Lord is going to come at

any moment, therefore, there is no need for us to work, or to make any provisions.

Nothing seems to be more natural to mankind in the world than to become anxious, or burdened with worry.

It's one of the peculiar temptations of women. Well, it's also a part of a man's make-up. We begin to build up

facts, and we deal with life, and we think about our existence, and we think about the future, and we become

anxious. Now Jesus says here, wait a minute, consider this thing, before you become anxious. Your life is

a little better than food, isn't it? Your body, more than raiment? Take your life, how did you get it, where

did it come from? Did you create it? So we'll see in this study that we forget the first principle, the one

Intro:

The words, "Take therefore no thought" are important words, and they're repeated here three times. Some people

are tempted to govern themselves by worry possession. They have an idea if they can amass them, all their worries will

be over. Then other people have troubles, and are worried over them. They have a super abundance of them, and they

are one and the same problem, they're things of this world. It is so important that ye take therefore no thought. He

deliberately makes this statement three different times, as we must agree that the worry and anxiety that we have

come from the problems of this world, as we take thought of the things about us. They seem to have power and these

conditions confront us, and they seem to possess us. That is typical of worry. It always gives us the impression

that it does not really matter, and yet we cannot get relieved of these worries. There are some people of course,

who do not want to be relieved of the worry, as they think about tomorrow, and the things of today. They personalize

worry, and they keep for themselves to keep it. They say, well that's all right for now, but what about

tomorrow, what about next week, what about next year? And on and on it goes into the future. In other words, they

25,31-34

work up a case of facts for the days ahead.

We must realize that we're dealing with a very vital force that has power. I do not want to estimate it or to say there is nothing to it, but we know that our adversary, the devil does various things to take advantage of our natural tendency for anxiety. We have to understand that we are fighting a power, and that we have a battle on our hands.

These verses here tell us what a Christian ought to do in private as well as in public. We live in a world, we engage in business, we have a multitude of problems pressing in upon us, and these great things that concerns our lives, if we are not careful, are a danger to us.

Satan and sin... it does not matter what form Satan takes, just so he succeeds.

But before you are aware of it, you will find out that he comes through the back door and he will cause you to be anxious about these things. He still makes them look like there's nothing to them, but remember he's transformed into an angel of light. We cannot be ignorant of his work.

Therefore he comes and uses this expression, "Take no thought." People have often misunderstood this, they have stumbled at it. Take no thought, do not worry about your life, what you shall eat, what you shall drink,---that's

the real meaning of the word.

It indicates something which divides us, that separates us, that distracts us. Neither be doubtful in your mind. It is a mind which is divided up into sections and compartments, and there's a kind of double vision, you're looking at two directions at the same time, and therefore you're really not seeing anything. And it means that you become anxious, you become worried, in taking thought in that sense.

A better illustration is found in the story of Martha and Mary when our Lord was in the home, as told in Luke 10:38-42. Our Lord rebuked Martha and said to her, "Thou art careful and troubled about many things." Poor Martha was distracted. That is the real meaning of the expression. She did not know where she was nor what she really wanted.

Mary, on the other hand, had a single purpose, a single aim. Now what our Lord is warning us against, therefore, is the danger of us becoming distracted from the main business of life. Here is a danger of living a sort of double, dual life. Take no thought, doesn't mean as many say, that we're to just forget all about the future, and not make any provisions.

A man must be righteous. This business of worry over your position. Let me ask you a question. Does it really matter what men think of us? Does it really make any difference whether or not we are accepted by the crowd in this world? Can we have any self respect without the respect of others, whose judgment we value above all else in life? Well, the key to this is which others? It's not what the crowd thinks about you, for there is nothing here where Jesus says for us to court the favors of man, or to conform to what man expects in order to get their approval and support.

This character of our day is also wrapped with the

3) worry about the security. Many times we worry about what we do not have, and then we worry about the fear of losing what we do have. People are worried about economic security. Oh they fear that a great economic depression will hit us in this nation. They fear the prosperity we're now enjoying will be lost. Our insecurity, back in 1941, when we were engaged in war, well we knew that the worst had come, and there was nothing left but for us to dig in and hang on and do the best we could and wait for the storm.

vital thing that life is a gift from God. And that if God gives life, then God's not going to leave his work unfinished without sustaining it.

I. The character of our day

It seems that the character of our age is that of anxiety and worry. We worry about something, and it was also true of Jesus' day. He bids them not to worry about food, or clothes. Today, we get the food and eat it, and become anxious about it, whether or not it's going to digest. We buy the clothes, and then we become worried as to whether or not they'll really fit us, and whether it's the latest style, whether it's like somebody else's dress or coat. We're always scared to death that we will run into somebody else who's wearing a hat exactly like ours.

We cover up our whole human existence with tomorrow's worries and the future. In this day there are many things that cause worry. Our day is characterized by many anxieties, many worries,

First we worry about health. Every kind of physical and mental condition, we are concerned. We always ask people, how do you feel, how are you. It shows that we have an interest in health. It gives an opportunity to listen to the other fellow, and see what sort of pains

he might have experienced, or what discomfort signals may be telling him that his health is about to go on the rocks.

Now this does not mean that the Christian is going to be saved from pain or suffering. Of course a sound body is ideal for us all. But there is no guarantee that Christians will never get sick, and that they will never need a doctor or surgery.

What good is there then in being a Christian, if we're still going to suffer, --in having a faith in Jesus Christ? It is not that we can overcome it, but it is that we will know that God loves us and God sustains us. We need not be anxious and worried about experiencing suffering. We believe in a good God, and we are comforted that the things that threaten our health, and seem to rob us, may sometimes contribute to a richer life.

We have worry over position, our standing in society. If we occupy a low place, then we strive to overcome it.

If we have a high position, then we're afraid we're going to lose it. People are concerned about their standing among other people. And what does the future hold for a man if he loses his place among men. If he fails to gain a favorable recognition. And so he begins to worry about tomorrow.

Jesus is saying here that life is more essential than just the matter of a man being concerned about his position. His concern is about his position in relation to God...that he might be standing on the right, on the righteous. The thing that Jesus is pointing out here is that people are willing to forfeit all of their future, just in order to please man, and to be in good standing with men. But what Jesus is teaching here is that we are to think about the kingdom first, think about righteousness. That is all that matters, and he makes the decision to act in conformity to what he knows is right, and what the future holds for him.

When a man does that which is right, he may not know what all the doors that will open to him, or what doors may close to him, but if he is courageous and he acts by faith, he may have to go like the Hebrew children. Three of them walked through a fiery furnace. Now they did not know perhaps whether God would rescue them, but they were willing to stake their lives on that which was right, and to the point of death. They stood by their convictions, like Job, who said, "Though he slay me, yet I will trust him."

do not provide their own food, it takes God to give them something to eat.

What about the clothes, all the animals have covering.

We think about how God covers the animals, gives them fur.

And look at the flowers how they're covered with beauty.

He's going to also give you clothes to wear.

As he contrasts the worry with the plain things of nature think of the beautiful lily, standing out in the breeze

with the hot sun wilting it, standing with the dew fresh

upon it in the morning. Jesus is spiritualizing here, how

frail is the lily, free from care, fair and fine, of course,

we are frail, so what. We do not have long to live before

we learn that human beings cannot remain free from care.

Many people who read a lot of books about how to stop

worrying, could well save the money and read Matt. 6:25-34.

For here is a divine recipe for handling normal worry.

First, life is more important than things. Second, it does

no good to worry. Third, you must learn to trust the

heavenly father. Fourth, first things must be put first.

Fifth, each day has its own troubles. Sixth, God ordains

the means for daily provisions.

Williams, translates this and says, "So I tell you,

stop worrying about your life. Take a good look at the

wild birds, for they do not sow or reap, look at the wild

There was a certain amount of anticipation of peace.

As we consider the birds, there are no creatures on

earth, that are more industrious. He expends an enormous

amount of time and energy searching for food. He is not

idle, he does not sit down and wait to be fed, and he's

not concerned about the scarcity of food. He doesn't

worry whether or not he'll find worms tomorrow. He lives

this day to the fullest. Each day is a complete experience

in itself. It's a joy for him to live one day. Today's

food, whether it be much or little, doesn't spoil his

worry about tomorrow. He has stored up reserves and

strength within him to meet any emergency.*

The lily of the field, as we shall see later on, we

think about its inactivity. And yet the lily is not

toiling and spinning like a man. It is just converting

the elements of the air and the soil, etc., and producing

growth. But in a few days it will fade away. It enjoys

today's beauty, today's fragrance, it attracts the bees,

it aids other flowers, and today is the day of its glory,

and it is a full experience of that glory. The flower

must fade.

And when we see this as it touches upon the life of a

man, in our day... today is the day that God has given us

to live the fullest. Today we are alive, the best possible preparation for us in meeting tomorrow's crises is to live today to it's fullest. Perhaps tomorrow we might have less money, we might have less credit, less buying power, we will be worried that prosperity may come, ---will it make it easier for us when it does come? No, it will rob us of the joy of the present prosperity. We worry about Russia, if we do it will rob us of our peace today. We will grow old, but we can only speed up this aging process by worry. But if we fully live this day of our youth, we shall have a treasury of happy memories that are worthwhile. Today's sunshine will help and bless tomorrow's clouds, however dark they may be. We do not know what the morrow holds for us, whether joy or sorrow, but we know that our capacity for receiving has to be exercised. If we close our hearts to the good things of this day, out of dread of tomorrow, we shall never live to see and receive tomorrow's blessings.

Another thing that characterizes our day is that we worry about ourselves. We worry about our food and our clothes and our shelter.

We worry about what is going to become of me. That is the question, will I be hungry in the cold next winter?

Will I have a job? Do these worries about your life bother you. It is destined my dear friends that we're going to meet death, and people are worrying about the coming on of death. If a man lives and dies, he may live on in his children, but finally, in one generation at a time, he passes away, and the end of his knowledge comes to an end. It's not just enough to say that we are outstanding, that we are accomplishing, that we gain sort of an immortality in the memory of any generation that may follow. Even the poet and the philosopher and the statesman, they make an impact on the world, but the knowledge of all these people pass away. So what good is it for us to worry about establishing something tomorrow in that way. There is something more to a man, than himself, than his clothes, than his food, than his health, than his security, and that something more is the alignment of himself with the kingdom of God.

II. A Contrast of the plain things in nature.

We see that he contrasts here in v. 25, the things of nature, food, God gave life, he causes us to live, and he sustains us. How about the birds in heaven, our Lord speaks of the sparrows, these little feathered creatures, do they perform a stroke of work for their living. They

the parrot chose to roost on a limb near a wasps' nest. The insects had stung the parrot until he was almost dead, but he feebly croaked, "One at a time, please." His vocabulary was limited, but he had a first class idea of how to meet trouble.

When I read that, I thought, How true, with what

Jesus was saying, "Do not borrow tomorrow's anxieties, and take no thought he said, of these other things, but live one day at the time."

But, you say, how are we going to face them. The vital thing is not to spend every day of your life adding up the grand total of what is going to happen to you in the whole life, in the whole world, why that will crush you. Rather you must think of it like this. A daily quota of problems and difficulties in life, that is, every day has its worries. Every day will have its quota. Now we must go forward and back tomorrow's quota on today's. Well now that will be too much for us. We have to take it a day at a time. Jesus, when his disciples tried to get him from going back to unfriendly Judaea, he pointed out to them this, "Are there not 12 hours in the day." You have to live 12 hours and no more. Here is a quota for today.

And Jesus said, it might shorten my life, but he said, I'm going to live one day at a time. He wasn't concerned about

lilies and learn how they grow. So never worry, but as your first duty, keep on looking for his standard of doing right."

Look at the wild lilies, he says, how they grow, without a struggle, without an effort, but trying hard.

Our first requirement is being somebody at the start, that is, God made us, we must accept him. What kind of a picture do you have of your life? Unfortunately, a lot of people look at themselves solely in terms of the tags society places on them. They think the only market value of their lives is that which other people put on them.

Imagine a lily trying to be a violet. A lily must grow where it's planted. Now your environment may not always be favorable, but we can't worry about that. The

lily can stand just as much cold weather, for example, as a human being can stand worry, and insecurity, and frustration. These simple contrasts from the plain things of nature really give us some enlightenment.

III. The challenge for Christian victory

Here is a challenge for us to live today, no matter

how much worry about tomorrow... that should not cancel our joy. Don't overtax the strength of day, don't weight down

one days responsibilities with the next.

32 First, it is heathen for us to worry. It says in verse 32 that anxiety over material things is an unChristian thing. For after all these things do the gentiles seek, but Christ's followers ought to be different, they are sojourner's in this world. Their treasure hunt is to seek after things of the kingdom. We will not be foolish as the heathen, he says, ---why do you allow yourself to be worried about the things of the future. The morrow shall take thought for itself. Sufficient unto the day is the evil thereof. To go from day to day even and of itself. Be content with that. But not only that, worry about the future is so futile and useless, and it is like the heathen. Worry is never of any value at all, it is a pure waste of energy. However much you worry, you cannot do anything about it. You see, you mortgage the future, when you worry about it in the present, and hindered him in the future.

We must understand that the result of sin brought the problems to life and that we're going to have to eat our bread by the sweat of our brow. Which of you by worry can add one cubit to his stature. This is a real significant illustration, as the Jews were perhaps shorter in

than the Roman soldier a man might worry about his height and he could not add one inch to his height. The challenge to the Christian is not to worry as the heathen, but to work hard at what he's doing today. Work until night, and get up the next day, and work until night again, and you will feel better right away.

34 Second, live a day at a time. We must remember that he says here, therefore take no thought about tomorrow. Nearly everyone can carry the problems of one single day, without breaking down under the load, but there are not many of us who can worry about tomorrow, and tomorrow and next year, and the next year, and what's going to happen when thus and so take place, and these potential problems that take place. We just can't handle it, but we can handle one at a time. I read this amusing story that R.A. Phelps told in reference to a subject that he was dealing with on the problem of anxiety. And he said it was very much like a parrot that lived in a cage beside a revolving door in a restaurant. He had a limited vocabulary, in fact, he could only say, "One at a time, please." And on one occasion the parrot escaped from his cage, flew out of the window and into a clump of trees nearby. When the owner found him, the old bird was in bad shape. And unfortunately

can do, and that God is the same God who gave you this life.

You're going to allow these worries to rob you of to-morrow's pleasure. Perhaps we shall never be totally free of worry of one kind or another until we pass through the pearly gates in glory. However much we worry today in the hopeful anticipation of canceling the worries of tomorrow, we will never succeed.

Let us remember that the God who helps us today will be the same God tomorrow, and that he will help us tomorrow. This lesson which many of us need to learn, to divide up our lives into 24 hour periods,--we must my friends be concerned about our relationship to God. We do not believe that God is just for a particular section of our lives, but we believe that God will be concerned about every thing that may arise in our lives. Some people fail at this point. They try to figure out what God's going to do. Or, they believe that God is not interested in what they are interested in. And yet other people are wondering what God is going to ask them to do tomorrow, or next week or next year. We need to live today, and live life in obedience to God.

We must begin today and say here is a day which is going to bring me certain problems and difficulties. Very well,

tomorrow. But how many of us cripple the life by burdening our minds with the thought, well we might lose our health. Well what if we can't control our nerves. Now

a cardinal rule is, do not carry yesterday's or tomorrow's with you. Live for today, live for 12 hours, you're in it. And it's very interesting to notice that if you read your biographies of great men, that have accomplished a great deal, they've had a wonderful capacity for forgetting the past. They made mistakes. Take Thomas Edison, how many of his inventions failed to work, and yet he said, I have made them and I can't do anything about them. He didn't meditate on them, or they would have ruined the rest of his life. It didn't make any difference to him. He continued on. He was not going to be a fool and try to dig up the past. He did not spend his nights worrying about why his inventions didn't work, or why did I do that, and sap the energy out of his life. The Bible here says, do not be foolish, do not waste your energy, do not pass your time worrying about what is passed, worrying about what is going to come in the future. We must think about today.

33

Third, the kingdom comes first.

Now Jesus says, do that which is right, that which is reasonable, and do not think too much on these things.

Do not allow these things to dominate your life. It will limit your usefulness and your presence. Now our Lord is not condemning the man for ploughing the land and planting the seed, but he is condemning the man who would plough the land and sit down and worry as to whether or not the crops are going to come us and if he's going to get any grain off of this piece of land. It will cripple his future. Every man will have problems as a result of sin in his life. It is inevitable. But he says you are not to allow these things to dominate you and crush you. We know there are various good causes in the world that we have to give thought to. We have to think about the future. We'd be guilty of neglect if we did not plan for some things in the future. The idea is that the kingdom comes first. Seek ye first the kingdom of God. George Mueller supported his orphanage by faith and prayer. Whitfield supported his orphanage by direct appeal for money to God's people. There is nothing wrong with putting money aside in an insurance policy, or a Christian to make some reasonable preparation for the future.

Let us remember now that Jesus is talking to Christians. He's not talking to lost people, he's talking to Christians. How can that teaching about God's care for men be true?

Well, it can only be true, as there are Christian people, so we get a new light now, the kingdom comes first. These promises are made only to Christian people.

Do not imagine that because you become a Christian, all you have to do is go on mechanically. Faith will grow and faith will develop. Faith means refusing to worry about things. Refuse to be worried. There are greater things at stake, your interest in the kingdom of God and his righteousness, and his greatness calls for you to help him accomplish his purpose.

Be anxious for this, if you will. Lie awake at night and morn over the condition of lost souls, if you can. Expend some time in prayer and supplication for the lost, while you care for God's concerns, God will care for your concerns. Let us not miss this truth.

Fourth Remember, God is the same. We have the same

God, and He hath power over the body and over the life. Which is harder for him to do, to give life or to provide food and clothes for you? Which do you think is the most difficult thing for God to do? Did not God give you your body, your life? Now what reason is there for you to get so worried and anxious that you forget all about what God

I shall need God's grace to help me, and I know that God will make all grace to abound, for he said in his word **Has thy day, so shall thy strength be.**" This is the Bible teaching.

Now to tie the ribbon into a beautiful bow, we cite

Hebrews 13:8. The Hebrew Christians were passing through troubles, and trials, and worries, and listen what God had to say to them. "Jesus Christ, the same yesterday, today, and forever." In effect, he was saying, you need not worry, what he was yesterday and today he will be tomorrow. Christ who takes us through today will be the same tomorrow, He is changeless, his everlasting always the same. So you must not worry about these things, only think about the changeless Christ.

*Heaven is Down -
live one Day at Time -
The Kingdom comes first -
God is the Same.*

Ho. May - Nov 29, 64 AM
So. May - Jan 22, 61 P.M.

I'M FINE

There's nothing whatever the matter with me
I'm just as healthy as can be.
I have arthritis in both my knees,
And when I talk, I talk with a wheeze.
My pulse is weak and my blood is thin,
But I'm feeling good for the shape I'm in.

I think my liver is out of whack,
And a terrible pain is in my back,
My hearing is poor, my sight is dim,
Most everything seems to be out of trim.
My doctor says my days are few
And every week there is something new.
The way I stagger sure is a crime
I may drop at any time.
I jump like mad at the fall of a pin,
But I am feeling good for the shape I'm in.

My teeth will eventually have to come out,
I'm overweight and I have the gout.
My appetite is such, that it's bound to win
But I'm feeling good for the shape I'm in.

Arch supports, I have for my feet,
Or I wouldn't be able to go on the street.
Sleep is denied me night after night,
So every morning I'm an awful sight,
My memory's failing, my heart is in a spin,
But I'm fine for the shape I'm in.

The moral is, as the tale we unfold,
That for you, and me, we are growing old,
It's better to say "I'm fine with a grin",
Than to let your friends know the shape we are in.

Said the robin to the sparrow
"I would really like to know
Why these restless human beings
Rush about and worry so."
Said the sparrow to the robin
"Well, I think that it must be
That they have no Heavenly Father
Such as cares for you and me."

FRET NOT THYSELF.
THOU KNOWEST NOT WHAT A DAY MAY
BRING FORTH. Psalm 37:1.
Proverbs 27:1.

Worry is not only a sin against God, but it is a sin against ourselves. Thousands have shortened their lives by it, and millions have made their lives bitter by dropping this gall into their souls every day. Honest work seldom hurts us; it is worry that kills. I have a perfect right to ask God for strength equal to the day, but I have no right to ask Him for one extra ounce of strength for tomorrow's burden. When tomorrow comes, grace will come with it.

THEODORE L. CUYLER.

Thank God for one who is cheerful, in spite of the trouble, I say—
Who sings of a brighter tomorrow, because of the clouds today;
His life is a beautiful sermon, and this is the lesson for me,
Meet trials with Christ and they vanish, face cares with faith and they flee.