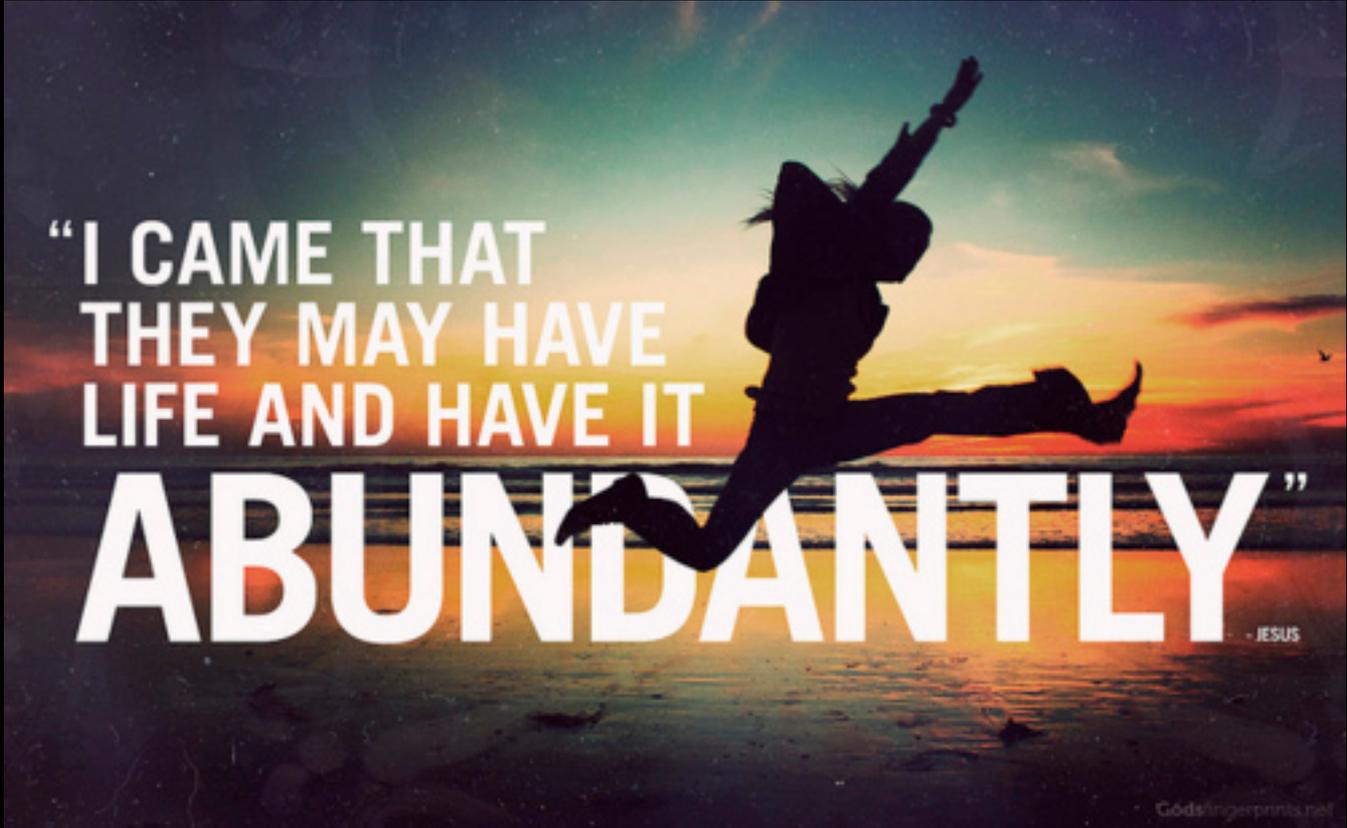


# Why we worry, why we judge

Matthew 6:19-7:12





“I CAME THAT  
THEY MAY HAVE  
LIFE AND HAVE IT

**ABUNDANTLY”**

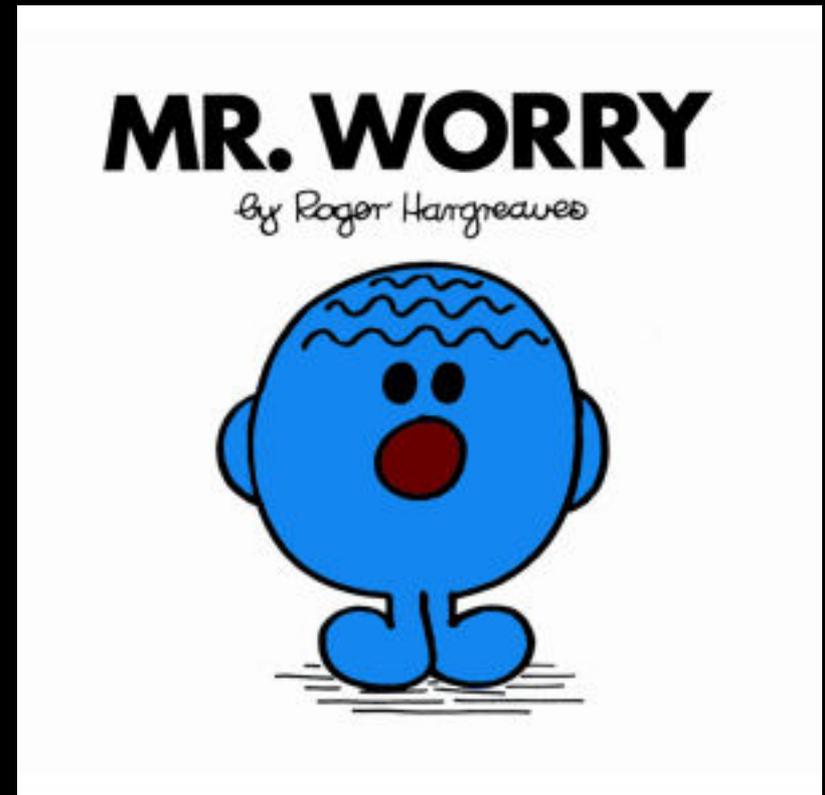
- JESUS

# 1. Anxiety



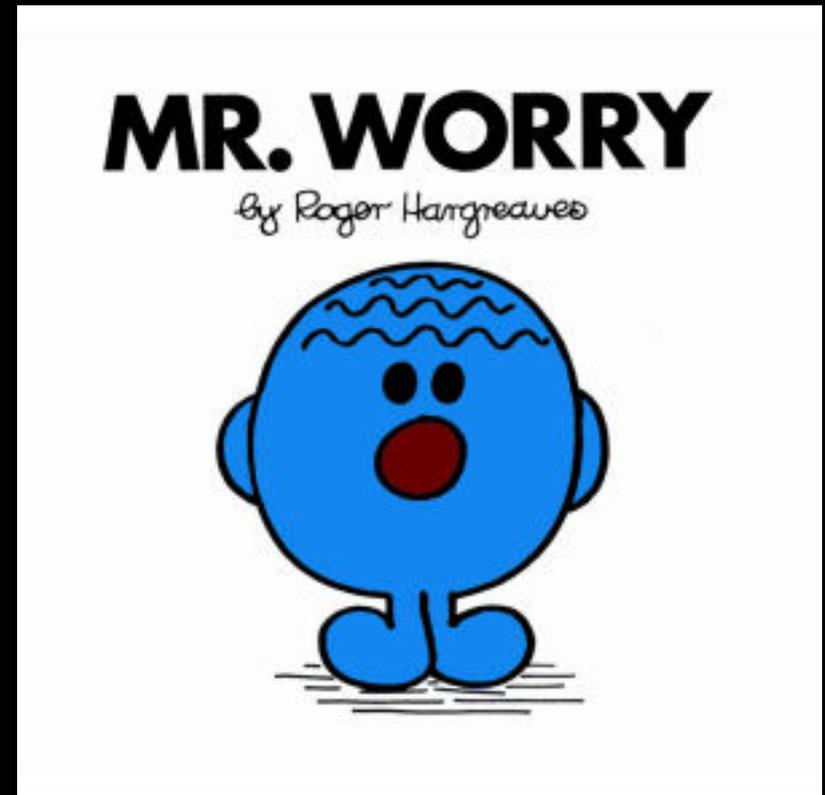
# 1. Anxiety

- An age of anxiety



# 1. Anxiety

- An age of anxiety
- Lots to worry about:
  - Marriages
  - Children
  - Family
  - Finances
  - Job security
  - Ageing
  - World events...



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 than food, and the body more than clothes?

*Matthew 6:25*

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# Anxiety is harmful

<sup>27</sup> Can any one of you by worrying add a single hour to your life?

*Matthew 6:27*

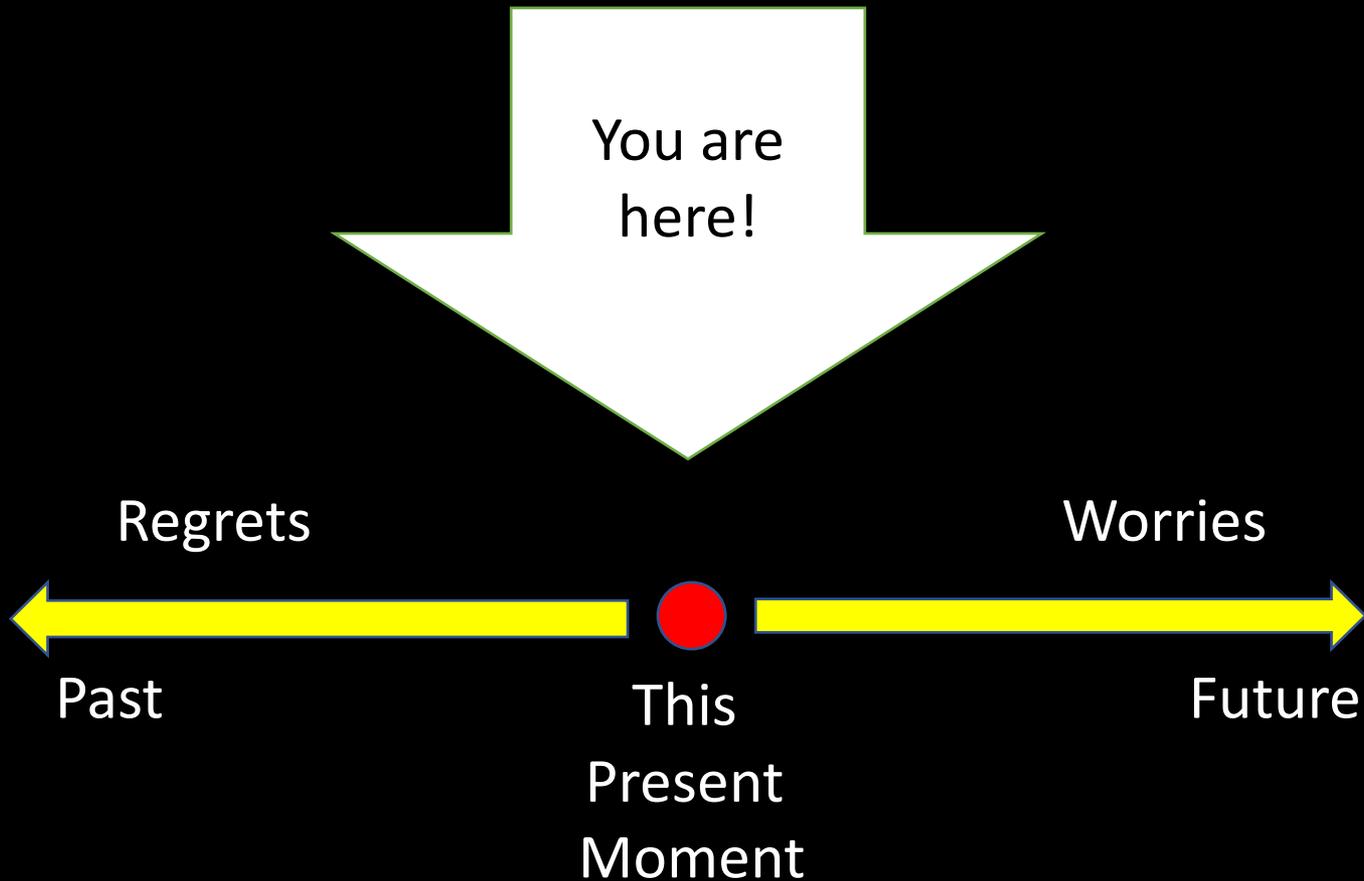
# Some suggestions

- If you need medical/psychiatric help – get it.
- Watch less news
- Live in the present
  - Almost all worries are about the future
  - Almost all regrets are about the past

Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.

*Matthew 6:32*

# Live in the present





## The Serenity Prayer

God grant me the  
serenity to accept  
the things I cannot  
change, courage to  
change the things I can  
and wisdom to know  
the difference

Living one day at a time;  
enjoying one moment at a time;  
accepting hardships as the pathway to peace;  
taking, as He did, this sinful world  
as it is, not as I would have it;  
trusting that He will make all things right  
if I surrender to His Will;  
that I may be reasonably happy in this life  
and supremely happy with Him  
forever in the next.  
Amen.

*Reinhold Niebuhr (1892-1971)*

# Some suggestions

- If you need medical/psychiatric help – get it.
- Watch less news
- Live in the present
  - Almost all worries are about the future
  - Almost all regrets are about the past
- Put off worrying
  - “Things I will worry about tomorrow.”
- Seek first the kingdom

See how the flowers of the field grow. They do not labour or spin. <sup>29</sup> Yet I tell you that not even Solomon in all his splendour was dressed like one of these...

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

*Matthew 6:28-33*



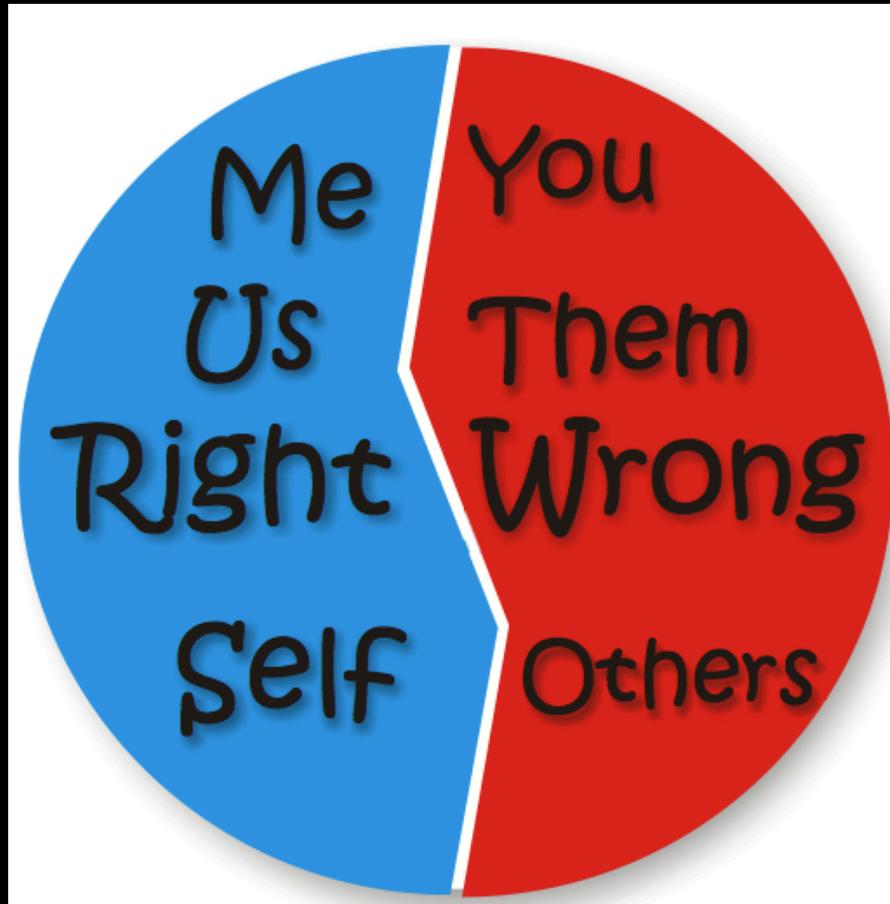
## 2. Judgement



# Comparing



Judgement divides...



Creates a downward spiral



# Jesus solution

<sup>3</sup> ‘Why do you look at the speck of sawdust in your brother’s eye and pay no attention to the plank in your own eye? <sup>4</sup> How can you say to your brother, “Let me take the speck out of your eye,” when all the time there is a plank in your own eye? <sup>5</sup> You hypocrite, first take the plank out of your own eye, and then you will see clearly to remove the speck from your brother’s eye.

*Matthew 7:3-5*

<sup>11</sup> Brothers and sisters, do not slander one another. Anyone who speaks against a brother or sister or judges them speaks against the law and judges it. When you judge the law, you are not keeping it, but sitting in judgment on it. <sup>12</sup> There is only one Lawgiver and Judge, the one who is able to save and destroy. But you – who are you to judge your neighbour?

*James 4:11-12*

# Why we worry, why we judge...

1. Anxiety – live in the present, seek the Kingdom
2. Judgement – think twice, become self aware

# 3. Identity

<sup>9</sup> ‘Which of you, if your son asks for bread, will give him a stone? <sup>10</sup> Or if he asks for a fish, will give him a snake? <sup>11</sup> If you, then, though you are evil, know how to give good gifts to your children, how much more will your Father in heaven give good gifts to those who ask him!

*Matthew 7:9-11*





Beneath our anxiety and judging lies an even deeper problem, according to Jesus. We do not realise how deeply we are loved.

*Brian McLaren*

# Flight 225, 16/08/87



You Are a Child of God



“The Gospel is the announcement that you already have everything you need and that you are loved.”

*Rob Bell*