

## THE ANSWER TO WORRY

### Matthew 6:25

**Introduction:** Perhaps the worst thing about worry is not that it can cause ulcers or cause one to have an ugly disposition or to have sleepless nights or cause one to not eat properly but it causes one to not live at his/her best and can be very dangerous causing physical and mental disorders. Everyone worries about something sooner or later and someone wrote a little saying about worry:

"I've joined the new, don't worry club,  
And now I hold my breath;  
I'm so afraid I'll worry,  
That I'm worried most to death..."

### I. WHAT EXACTLY IS WORRY?

1. A child begins to worry when he/she gets old enough to think of him/herself as being a single individual.
  - Me, mine, myself is a child's thinking when he/she can begin to worry.
2. We worry when we are afraid.
  - Fear can paralyze.
  - It makes us look back and remember past failures and mistakes, thinking that we'll do it again.
  - What we see ahead is uncertainty.
  - Nobody can be satisfied with just living in the present, everyone thinks about what's ahead.
    - Since nobody knows what's ahead, people don't always know what they're worrying about.

### II. WHAT TO DO WITH FEARS

1. Fears cannot be avoided, like it or not.
  - Love weakens, hopes are shattered, loved ones get sick and even die, friends leave us, we fail in the one thing we try hardest to accomplish.
2. How can worry be overcome in such a world as we live in?
  - Can a person withdraw from life, live in a cave, never go out into society again?
  - Some say, "use your will power," "keep your chin up."
    - Sounds fine but who can do that all the time?

### III. GOD HAS A PLAN FOR OVERCOMING WORRY

1. Jesus gave the best solution to the problems of overcoming worry His Sermon on the Mount found in *Matthew 6:24-34*.
  - "...***Do not worry about life, wondering what you will have to eat or drink, or about your body, wondering what you will have to wear...***"
  - We are torn between God and the world, self, duty and desire that it is hard to keep from worrying.

2. Jesus gave three thoughts about getting rid of worry:

- Value Yourself!
  - The birds find what they need according to God's plan.
    - **"...are ye not much better than they?..."**
  - What about the lilies and the grass which last only for a season?
    - **"...shall He not much more clothe you, O ye of little faith?..."**
  - Material things are of no comparison to human personality.
    - God has made us a little lower than the angels, therefore we must value ourselves.
  - Some one wrote: "...Life sometimes seems just that - meaningless..." and the Psalmist wrote: **"...I am poor and needy; yet the Lord thinketh upon me..." (Psalm 40:17)**
  - Jesus said, **"...yet your heavenly Father feedeth them..."** **"...Your heavenly Father knoweth that ye have need of all these things..."**
  - Nothing will give so great security at ease of spirit as a calm assumption that one's life is being looked after by his/her creator and that He loves and values all of us.
  - To overcome worry and fear, remember that man (we/us) are made in the image of God and redeemed by the blood of His Son, Jesus Christ, and we are not the victims of a blind chance, but recipients of a gracious God.
  
- Accept Yourself!
  - Jesus said, **"...which of you by taking thought can add one cubit unto his stature?..."**
    - "But which of you with all his/her worry can add a single hour to his/her life?"
  - Most people blame God for the slightest difficulty/hardship when everything is not as we think it should be.
    - It takes humility to accept one's limitations and learn how to not compare one's self with others.
  - How many people with handicaps worry themselves trying to hide or deny that they have a handicap?
    - Remember the little man, Zaccheus?
    - Paul had a thorn in his flesh - some physical ailment.
    - David's firstborn child/baby died.
    - The Samaritan well woman who had sinned so much, living with several men.
    - There are those who feel dumb, ignorant, unattractive, uneducated, unable to sing or speak as others, do they worry, feel sorry for themselves? Feel inferior? Be envious of those who are superior?
  - Be who/what you are! Stop trying to hide from yourself the things about which you worry.
  
- Consecrate Yourself!
  - Jesus said, **"...but seek ye first the kingdom of God, and His righteousness, and all these things shall be added unto you..."**
  - People whom God is not the center of their lives seek money, pleasure, fame, ease and such and worry because they are pushed around by their mad desire for something other than the eternal Kingdom of Jesus Christ.

- What comes first in YOUR life?
  - If it is your own success and selfish ambition, then begin to fear for anything, anybody other than the Lord God will disappoint and bring worry.
  - Anything put ahead of the Lord Jesus cannot really be enjoyed and it will eventually bring worry and anxiety.
- The real trouble is that nobody was ever meant to be "king" or "boss."
  - Trying to run one's on life as well as the lives of others, just messes up.
  - Any one who continually refuses to direct his/her life toward what God wants cannot hope to conquer/take care of all that life will bring.
- God's remedy for worry works. It is the only thing that will keep one's self and all other things in their proper place.

## **CONCLUSION:**

1. Worry is the result of fear and it divides one's affections.
  - One cannot serve God and worldly things.
  - To build the kind of spiritual health that brings honor to the Lord Jesus Christ, the none must rely upon God's ways, His Word and realize that one is of great value to God.
  - One must realize that certain things about life cannot be changed, therefore accept who "you" are and what the world is.
2. To control worry, one must find something bigger than one's self to live for and that is the Kingdom of God.
  - Putting the work of the Lord Jesus and one's spiritual welfare first in one's interests, schedules and concerns, worry will disappear.
3. Worry is contrary to what God has planned for each of us.
  - Go stand before a mirror and ask that person in the mirror, "Have you tried God's remedy for worry? Are you living your life in such a way that there is present the peace of mind and calmness? Worry is gone?"