

THE CURE FOR WORRY

1 Peter 5:6-7

(Not entirely original with me)

Introduction: No doubt every one worries about something at some time or other and some seem to worry all the time about every little thing. They are often called "worry warts.." Of all the people who should not worry to any extent it should be Christians for believers in Jesus have a resource that none believers don't have and that is the presence of the Holy Spirit, access to God the Father through Jesus Christ. God's grace is sufficient to get the believer in Jesus through any and all situations which can bring cause for worry. How does one go about learning not to worry?

I. THE BELIEVER IS TO HUMBLE HIM/HERSELF BEFORE GOD (v6)

1. Unbelievers, those without Jesus Christ, are under the wrath of God and therefore have not humbled themselves before God.
 - **Luke 19:9-14**
 - Three things involved in humbling one's self before God:
 - There must be an acknowledgment who the Lord God is in His infinite, unapproachable, sovereign holiness.
 - The publican stood far off, struck his breast and wouldn't even lift his eyes up for he knew that he was unworthy to approach almighty God.
 - One must acknowledge and confess his/her utter sinfulness.
 - One must cry out like the publican, "**God be merciful to me a sinner..**"
 - One must see, acknowledge and confess that the only way God can forgive one's sin is the blood of the Lord Jesus Christ.
 - Humble one's self under the mighty hand of God that He may exalt in due time.
 - **1 John 3:1**
2. The same call to humble one's self before God is also given to believers who are the children of God.
 - Anytime God's loving hand brings chastisement, one is to humble him/herself, knowing that even in times of chastisement, one is still perfectly safe and secure.
 - When trials, temptations, and troubles come, there is safety in God's hand.
 - Quietly submit to God's will, patiently bear afflictions without complaining or being angry at God.
 - Once one has learned how to humble him/herself before God then there will be little problem with worry.

II. THE CURE FOR WORRY (v7)

1. One needs to realize that all worry, fretfulness and anxiety is nothing but sin.
 - Whatever disturbs one's relationship with God, His family, one's own family and disrupts his/her life can bring on a separation from God.
 - It is taking away from God His guardianship.
 - It is questioning God's love, faithfulness, wisdom and His very Word.
 - It fills the life of the one worrying with misery.
 - Worry is a weakness which cripples one's usefulness in the work of the Lord.
 - Peter had a boat and the Lord needed that boat to preach from, so Peter gave the Lord his boat, not worrying about his fishing business. Later on the Lord told Peter to go fishing and let down the nets which were filled with fish. Peter caught more fish in 10 minutes than he could have normally caught in 10 days.

2. Worry is evil, but it is also a useless thing.
 - What good ever came from worrying? What mistake was ever corrected by worrying? What evil has ever been prevented by worrying?
 - Everyone tries to anticipate the future and in doing so it creates fears and non trust in God.
 - Christians dishonor God by their worrying.

3. God's Word (the text) tells believers to **"cast all their care upon Him"**
 - Cast upon the Lord Jesus one's spiritual care.
 - Cast upon the Lord Jesus the care of all one's sins - past, present and future.
 - Cast upon the Lord Jesus one's personal weaknesses.
 - Cast upon the Lord Jesus one's present temptations.
 - Cast upon the Lord Jesus the care of one's future dangers.
 - Cast upon the Lord Jesus all the care for one's soul for all eternity.
 - If able to cast one's spiritual and eternal care upon the Lord Jesus, then it ought not be that difficult to cast upon Him also, one's earthly, fleshly care.
 - The care for daily bread.
 - The care for all earthly needs for one's self and his/her family.
 - The care of one's business/livelihood.
 - The care for one's family/children.

III. THE REASON FOR CONFIDENCE (v7)

1. Christians are to cast their fears and cares upon the Lord **"...for He cares for you..."**
 - It is good to know that the Lord is well able to carry the load of one's care and that He cares.

2. The Lord God has a special love for His Children.
 - To every believer Jesus says" **"...I have prayed for thee, that thy faith fail not..."**
- John 14:1; Psalm 23:1-6

3. The matters of the world are under the power of God.
 - Jesus is Savior of all people in the world, but He is especially the Savior of those who believe in Him and therefore He dispenses special grace.
- Romans 8:28; 1 Corinthians 3:21

CONCLUSION:

1. **"...Humble yourselves therefore under the mighty hand of God, that He may exalt you in due time.. Casting all your care upon Him, for He careth for you...."**

2. Of all the people in the world who do not worry, it should be the believer in Jesus Christ, the Christian.

3. Do you worry? Learn how to humble yourself before God and learn how to trust Him with all things in your life.

4. Remember, God loves you and can take care of you in all situations and provide all that you will ever need.