

WINNING OVER WORRY

Int.

1. Aim: To show why and how we can overcome the useless and wasteful habit of worry.
2. Phil. 4:6-7 "Be careful for nothing; but in every thing by prayer and supplication with thanksgiving let your requests be made known unto God. And the peace of God, which passeth all understanding, shall keep your hearts and minds through Christ Jesus."
 - a. Paul even talked about Joy - Phil. 4:4 "Rejoice in the Lord always: and again I say, Rejoice."
 - b. How could he be so optimistic?
 - c. He was a traveling preacher without a family. He worked making tents to support himself. Most of his countrymen had rejected him. He received much opposition to his preaching. He was run out of many towns. He was beaten. He was scourged. He was stoned and left for dead. He was arrested and imprisoned many times. Rumors were spread about him. False accusations were lodged against him. His qualifications as an apostle were called into question. In spite of all these things he was happy and optimistic. He was not a worrier.
3. Many Christians are "worry Warts"
 - a. Worry and anxiety are common traits in the life of many!
 - b. Worry = Defined
 - i. Web. To torment, fret, trouble, plague.
 - ii. Word is derived from an old Anglo-Saxton word meaning to choke, to strangle.
 - iii. Anxiety = Painful apprehensive uneasiness of mind usually over an impending or anticipated ill.

c. Phil. 4:6 --- concern makes plans while worry wrings it hands.

4. Consequences of Worrying

- a. Physical-- many assorted problems
- b. Mental -- it Affects our outlook on life
- c. Spiritual - destroys our faith and trust in God

5. The Cure for worry is found in the sermon on the Mount - Matt. 6:25-34

Discussion

I. CHRISTIANS SHOULD NOT WORRY ABOUT 3 THINGS

A. The Necessities of Life - Mt. 6:25,26,28-33

1. The Necessities = Food - Clothing - Water - Shelter
2. These Necessities God will supply
3. Six reasons why we should not worry about Necessities:
 - a. v. 25 Already received Greater blessings
 - (1) Life - body
 - (2) If God gave us life and a body - surely He cares enough to give the things to sustain them.
 - b. V. 26 God provides for the Birds - he will care for us - III. Worry - Birds #1
 - c. v. 28-30 God Clothes the grass -- he will see that we have the clothing we need
 - d. V. 32 To be over anxious is to place ourselves in the same class with unbelievers - heathens
 - e. v. 32 God knows that we must have these things to live -- He is wise enough, good enough, and strong enough to provide.
 - f. V. 33 He has given a plan that guarantees food and clothing.

B. Things that cannot be changed - Mt. 6:27

1. Some things cannot be changed:
 - a. Death of a loved one - grieve but not worry
 - b. Weather -- too hot, cold, wet or dry
 - c. Some physical disease or handicap
 - d. Poem:

For every ailment under the sun

There is a remedy, or there is none;

If there be one, try to find it,

If there be none, never mind it.

2. III. Worry - two kinds of problems
3. A.A. Motto "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.
4. Mt. 6:27
5. Most people worry about useless things:
 - a. What was your biggest worry last year, month, week.
 - b. "My life has been full of terrible misfortunes -- most of which never happened."
 - c. III. Worry - Why Worry? Jere Via
6. Don't worry about the past - its like trying to put toothpaste back into the tube.
7. We should not worry about things that cannot be changed.

C. The Future - Mt. 6:34

1. We don't need to worry about the future
 - a. Because we have enough to do today
 - b. Because the load is too great:
 - (1) If you live to be 80 years of age think of how many times you'll have to: tie your shoes, shave, fix meals, hours of work.
 - (2) But you only do it one day at a time.
 - (3) III. Worry -- Two Clocks -- "one quit because it knew it would have to tick 315,532,800 times in next 10 years. The other kept at its job because it realized it only had to tick one tick at a time.
 - c. Because we may never have tomorrow ** III. Worry - One day at a time
2. We should live today well
 - a. Mt.6:11 "give us this day our daily bread"
 - b. It is all we need and all we can eat
3. Ecl. 10:14 "...a man cannot tell what shall be; and what shall be after him, who can tell him?"
4. Yesterday is buried and tomorrow is unborn. III. Worry -- Foresight can be bad

II. HOW TO WIN OVER WORRYA. Count your blessings

1. We can Always find someone who is much worse than we are.
2. "I complained because I had no shoes until I met a man who had no feet."
3. I Thes. 5:18 "In everything give thanks: for this is the will of God in Christ Jesus concerning you."

B. Seek First the Kingdom and his righteousness - Mt.6:33

1. Seek first the kingdom = church
 - a. Seek - not idly wish - Mt. 5:6
 - b. First - not second, third, tenth, or last in life
2. And his righteousness
 - a. Right doing - living right - Ps. 119:172 "For all thy commandments are righteousness."
 - b. Mt.7:12 - apply the golden rule

C. Follow the example of Paul

1. Why was Paul happy and optimistic when faced with so many trials and problems?
2. Paul had settled the question of God and eternity in his own mind.
 - a. II Tim.1:12 "For I know whom I have believed and am persuaded that he is able to keep that which I have committed unto him against that day."
 - b. He said "all things work together for good to them that love the Lord..." Rm. 8:28
 - c. He knew he could not lose because he also said "If God be for us who can be against us?" Rm. 8:31
 - d. Paul had things worked out with the heavenly Father. That took care of eternity.
 - e. So the problems he faced in this life were very small when compared to the life hereafter.
 - f. He had to deal with them for a short while.

3. If Christians today can have a deep faith in God and Christ then they can be optimistic like Paul and overcome worry.
 - a. Paul talked about his faith in God. That was his anchor.
 - b. That must be our anchor
 - c. Only if we have a proper view of eternity can we live this present life free from worry.

Conclusion

1. Worry is wasteful
 - a. Wastes our time
 - b. Wastes our talents
 - c. Wastes our money
2. Worry makes us unpleasant to be around.
3. Phil. 4:6-7 Heed the admonition of Paul
4. Jn. 14:1 "Let not your heart be troubled; ye believe in God, believe also in me."

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