

## Overcoming Worry

### Int.

1. Aim: To discuss the Bible teaching about overcoming worry.
2. "Be careful for nothing; but in every thing by prayer and supplication with thanksgiving let your requests be made known unto God." Phil. 4:6
  - a. "In nothing be anxious;" ASV
  - b. "Be anxious for nothing" NKJV
  - c. "Do not worry about anything" Montgomery N.T.
  - d. "Have no anxiety about anything" McCord's translation
3. Mt. 6:24-34
4. Indeed, many are worried and troubled about many things.
  - a. If we do not have a job, we worry about that. - If we have a job we worry about losing it.
  - b. If we do not have any money we worry about that. - If we have money we worry about "where it all goes".
  - c. If we do not have a car we worry about that. - If we have a car we worry about it breaking down.
  - d. If we are sick we worry about that. - If we are well we worry about getting sick. If we feel a flutter of the heart or a pain in the abdomen we are convinced that we have heart trouble or ulcers or cancer.
  - e. One worrier said to the other, "I have so many troubles that if anything happened to me today it would be two weeks before I can get around to worrying about it".

5. Now, life cannot be lived free from all sense of anxiety and concern.
  - a. For example: Being concerned about not having a wreck will cause us to practice rules of safety.
  - b. Concern over becoming sick will cause us to practice rules of good health.
  - c. Concern about the proper provisions for old age will cause us to practice rules of good economy.
  - d. Concern for our soul will cause of to seek truth and to live it.
6. However, the problem is this: it is easy to let our concerns become cares, and our forethoughts become fear-thoughts. When this happens, the sin of anxiety or worry results. - We become worry Warts.
7. Let us see what the Bible says about how to overcome worry..

## **Discussion**

### **I. THERE ARE DIFFERENT KINDS OF WORRY**

- A. People worry about things that have already happened.
  1. But there is no use crying over "spilled milk".
  2. Worrying about the past is like trying to put the tooth paste back in the tube.
  3. Past deeds cannot be undone.
    - a. Past words cannot be unsaid.
    - b. If the past involves sin, do what you are supposed to do as a Christian to be assured God will forgive. Repent, confess and pray to God. 1 John 2:1
      - (1) Don't forget to forgive yourself.
      - (2) Loyd George, former Prime Minister of England, once said, "I have made it a practice of my to life always to close the gates behind me."

- c. Phil. 3:13 "Brethren, I count not myself to have apprehended: but this one thing I do, forgetting those things which are behind, and reaching forth unto those things which are before,"

B. People worry about things that will inevitably happen.

1. Some parents worry about their children growing up and leaving the home; but if they are normal it will happen, so why worry.
2. Some people worry about dying; but, they will die (Heb. 9:27), it is inevitable, so why worry.
3. Some worry about growing old, but grow old they must.

C. People worry about things that will never happen.

1. Mark Twain said, "I have worried over a great many things in life, the most of which never happened".
2. What is the use worrying about something that only has a slight chance of happening.
  - a. We could worry all our life about the possibility of an atomic war, make our self sick, and it never happen...
  - b. There is no use worrying about something like this - we should just live righteously, put our trust in God, and let Him take care of it.

## II. Matt. 6:24-34 IS THE LORD'S REMEDY FOR OVERCOMING WORRY

### FROM THIS WE LEARN THAT WORRY IS:

- A. Unnecessary - "Your heavenly Father knows that you have need of these things" (verse 32).
1. We are children of an omniscient heavenly Father who is sensitive to our every need.
  2. Knowing this, why worry?
  3. None of us were born as worriers.
    - a. We had to learn to worry.
    - b. We developed the habit of worrying.
    - c. If we learned to worry then we can also unlearn to worry.
  4. Worry is unnecessary because God knows exactly what we need.
- B. Cruel - "Behold the fowls of the air...your heavenly Father feedeth them. Are ye not much better than they" (verse 26).
1. The idea that God would take care of the lilies of the field and the birds of the air and not take care of us is ridiculous; and such needless worry is cruel to one's own self.
  2. One man said, "The heirs of heaven are better than the fowls of heaven."
  3. Any father would feed his children before he would feed his birds; thus, worry is distrust in God's fatherhood, love, wisdom and power.

C. Prohibited - "Be not anxious" (KJV); "Do not worry" (NKJV); found in (vs. 25,31,34).

1. The same Lord that teaches faith Repentance Baptism for salvation, is the same Lord who says, "Do Not Worry".
2. Some things are hard to keep from worrying about, but then so is it difficult to quit other things that are sinful.

D. USELESS - "which of you by worrying can add one cubit to his stature?" (verse 27).

1. One can put on the highest heels and wear the tallest hat, but he will still not be any taller. Stilts do not make you taller. Cannot add to length of life by worry.
2. Worry is like a rocking chair; it will give you something to do but it will get you no where.
3. Mk. 16:3-4 The women worried about who would roll the stone away from the sepulchre, only to find the stone had been rolled away.

E. Heathenish - "For after these things the Gentiles seek." (vs. 32).

1. Jesus is affirming that worry is a characteristic of the sinner, the heathen, the lost; but we are not among that number.
2. Rather, we are the saved! And, the saved are not to worry.
3. Non-believers , sinners, have a good reason to worry.
  - a. They do not have a Heavenly Father watching over them.
  - b. Their life really does depend totally upon themselves.
4. But as a believer you have a Heavenly Father who has promised to provide everything you need. One who has promised to care for you when nobody else can!
5. 1 Pet. 5:7 "Casting all your care upon him; for he careth for you. "

6. Are you an atheist? Of course not!! We say we believe in God, but then we don't believe that God can.
7. Worry is acting as if there is no God and we have no Heavenly Father.
  - a. Worry is practical atheism.
  - b. Worry doesn't make sense because we were not created to worry.
8. We were created to trust our Heavenly Father who cares for us more than anything.
9. Worry doesn't work and it certainly doesn't show that we are a Child of God.

F. Faithlessness - "O you of little faith?" (vs 30).

1. Jesus used the phrase, "O you of little faith?" four times.
  - a. In Matt. 6:30 he used it in connection with worry;
  - b. In Matt. 8:26 in connection with fear;
  - c. In Matt. 14:31 in connection with doubt,
  - d. and in Matt. 16:8 in connection with human reasoning.
2. In reverse order, it is interesting to observe that human reasoning produces doubt - doubt produces fear, and fear produces anxiety.
  - a. FAITH is the remedy for all these heart disturbers.
  - b. And faith comes by hearing....Rom. 10:17.

G. Matt. 6:33

1. Seek first
2. Added
3. FORMULA S + R = Added

### III. WHY IS WORRY A SIN?

#### A. It is disregard for the commandments of God.

1. We've studied Matt. 6:24-34...
2. Phi. 4:6-7. "Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; and the peace of God, which passeth all understanding, will guard your hearts and minds through Christ Jesus." "Surpasses" NKJV
  - a. Yes, the Lord's word commands us to not worry. Don't worry, be happy !
  - b. Why will we not be as concerned in obeying this command as we are in commands to pray, read our Bibles, and be faithful in attendance?

#### B. It is a waste of time

1. One university study revealed that 40% of the worries of people are over things that never happen, 30% are over the past and things that cannot be changed, 22% are over petty and needless worries, and only 8% are over things legitimate;
2. Thus, how futile and how wasteful worry is
3. The time and energy thus spent could be so much more profitably directed toward worthwhile meditation, study, and activity.

#### C. It impairs health.

1. People can definitely worry themselves sick in fact, to death.
  - a. Unusual fatigue, hives, edema, asthma, high blood pressure and other diseases can result from worry and emotional stress.

- b. One doctor observed that incidents of stomach ulcers go up or down with the stock market.
- 2. It is also true that serious mental disorders can result from worry - even to the extent of going insane and actually committing suicide
- 3. Worry will show up on ones countenance.
  - a. A little girl asked her mother, "Aren't you happy?" The worried mother sharply replied, "Yes". The little girl said, "Well, you haven't told your face yet."
  - b. Yes, worry will destroy the beauty of your countenance, the strength of your mind, and the vitality of your body.

D. It is a robber of joy, happiness and peace.

- 1. The word "worry" comes from a word which meant to "strangle".
  - a. Under emotional strain induced by worry people have come to feel as if they were grasped by the throat.
  - b. Yes, worry will clutch its victim by the throat and rob them of peace, joy and happiness.
- 2. Paul commanded (Phi. 4:4) "Rejoice in the Lord always. Again....." --- To worry is to do the opposite of what is here commanded and is therefore sin.

E. It is a prohibitive against prayer being answered.

- 1. For our prayers to be answered we must ask in faith. James 1:6 "But let him ask in faith, nothing wavering. For he that wavereth is like a wave of the sea driven with the wind and tossed."

2. But worry is distrust in God.
3. We must not be like the man who prayed to God for protection throughout the night; and, then, stayed up all night to see if He would.

#### **IV. HOW CAN WE OVERCOME WORRY?**

##### A. Make up your mind you are going to conquer it.

1. One little girl, who had been unhappy one day, explained why she was happy today, by saying, "Today I pushed my thoughts around, and the other day I let my thoughts push me around".
2. Abraham Lincoln said, "I have been about as happy as I have made up my mind to be."

##### B. Form the Right Relationship with God and Man.

1. Paul told the Philippians to be careful (anxious) for nothing (Phil. 4:6).
  - a. But, in vs. 1 of the ch. he had exhorted the brethren to stand fast in the lord (the right relationship) with the Lord);
  - b. And, in vs. 2, he had exhorted two of the members to be of the same mind (the right relationship with others).
2. The man who has the calm assurance that all is right with God and that he is not "at odds" with any of his fellow man usually has few worries.

##### C. Develop the Right Attitude of Mind.

1. When you have problems "count your blessings".
2. Do not manufacture problems and troubles.

3. Ulcers are things that people get from mountain climbing over molehills.
4. Worry has been defined as an old man with bended head, carrying a load of feathers which he thinks are lead.

D. Do what you can and Turn the Rest over to God.

1. If you are worried because of family problems, do your best to be the kind of husband or wife, or child you should be - do all you can to correct the problems, and leave the rest to God.
2. If you are worried about getting cancer (and some should be) avoid those things that have been proven to cause it.

E. Live one Day at Time.

1. Yesterday is buried and tomorrow is unborn, so live nobly today.
2. In fact, the best way to prepare for tomorrow is to fulfill the duties of today.
3. It is good that we cannot see into the future

F. Cultivate a faith and realistic trust in God and His promises.

1. Faith is the great antidote to worry.
2. We should be like Paul who said, "I believe God that it shall be even as it was told me" (Acts 27:25)
3. There are many promises of God to those who do his will.
  - a. We would do well to look them up and then begin to observe their fulfillment in our lives as we endeavor to serve him.
  - b. God always keeps his promises.

4. Jer. 17:7-8 & v. 10 "Blessed is the man that trusteth in the LORD, and whose hope the LORD is. 8. For he shall be as a tree planted by the waters, and that spreadeth out her roots by the river, and shall not see when heat cometh, but her leaf shall be green; and shall not be careful in the year of drought, neither shall cease from yielding fruit." V. 10 "I the LORD search the heart, I try the reins, even to give every man according to his ways, and according to the fruit of his doings."

- a. We must really trust God by placing our confidence in who He is and that He is good even from our view it may be difficult.
- b. His perspective and power is to work everything for His glory -
- c. If we trust God
  - (1) We do not fear,
  - (2) We have no worry, and
  - (3) We know we will be rewarded for this.

G. Engage in purposeful work.

1. The first family (Adam & Eve in Eden) were provided with employment to insure their happiness.
2. He was a wise man who said that he had no time for worry, for in the day time he was too busy and at night he was too sleepy.

H. Transfer your care to more worthy objects.

1. Make the church and its work the chief object of your care and concern.
2. I'd rather face God having worried over the churches problems, than over things that never happened.

I. Live your life free from a sense of Guilt and Shame

1. To do this never violate your conscience.
2. Study honestly, open mindedly, and diligently, to avoid sins of ignorance.
3. Jesus possesses inner peace because he was righteous - contrastingly (I sa. 48:22) The wicked man has no peace." "There is no peace, saith the Lord, unto the wicked."
4. To free yourself from the haunting guilt of sins of the past or present you must practice the four R's: REPENTANCE, RESTITUTION, REFORMATION, and REJOICING.
  - a. For example, if you have stolen some money, repent of it, return it; from now own honesty, and rejoice in the assurance that God has forgiven you.
  - b. If you are living in adultery, repent of it, live a life of moral uprightness, and rejoice in the fact that you have received forgiveness.

J. Take it to the Lord in prayer.

1. As the area of prayer advances, that of care, anxiety, or worry recedes.
2. "An eagle soaring in the upper air does not have to worry about how it will cross rivers."

## **V. READ AND STUDY YOUR BIBLE.**

### A. From the Old Testament:

1. "Behold I am with thee and will keep thee in all places whither thou goest" (Gen. 28:15).
2. "Commit thy way unto the Lord; trust also in him; and he shall bring it to pass....Rest in the Lord and wait patiently for him" (Ps. 37:5 and 7).
3. "Call upon me in the day of trouble; I will deliver thee and thou shalt glorify me" (Ps. 50:15).
4. "Cast thy burden upon the Lord, and he shall sustain thee" (Ps. 55:22).
5. "Be strong, fear not; Behold your God!" (I saiah 35:4).
6. "Fear not: for I have redeemed thee, I have called thee by thy name; thou art mine" (I saiah 43:1).
7. Someone has said, "There are 365 'Fear not's' in the Bible, one for every day in the year. How dare we then fear!"

### B. In the New Testament:

1. Christ commanded: "Take no thought, saying, What shall we eat? or, What shall we drink? or Wherewithal shall we be clothed?...For your heavenly Father knoweth that ye have need of all these things" (Matt. 6:31, 32).
2. Christ invited: "Come unto me all ye that labour and are heavy laden, and I will give you rest" (Matt. 11:28).
3. Christ urged: "If ye abide in me and my words abide in you, ye shall ask what ye will and it shall be done unto you" (John 15:7).

4. Christ commanded: "Let not your heart be troubled: ye believe in God, believe also in me." (John 14:1).
5. Christ tells us in John 10:10 that He came to make abundant life possible for us. Life is never abundant when we are tense with worry. It does not fit in with His perfect plan for us.

## **CONCLUSION**

1. WHEN PAUL SAID, "BE ANXIOUS FOR NOTHING" HE WAS SAYING, "STOP CONTINUALLY WORRYING ABOUT EVEN ONE LITTLE THING. Phil. 4:6
2. Yes, it is a sin to worry about anything.
3. We ought to cultivate the practice of taking matters, small or great, before the Lord in prayer.
4. In so doing, the peace of God shall keep our hearts.
5. Shall keep is a military term suggesting that God will send his peace which will stand guard over our hearts, preventing the intrusion of anxious fears and alarms which, like enemies, seek to destroy us.
6. We can have the peace of God that passeth all understanding.
7. Matt. 6:33 "But seek ye first the kingdom of God, and his righteousness; and all these things shall be added unto you."
  - a. Are you tired of worrying and getting nowhere?
  - b. Then "seek first the kingdom of God and his righteousness"
  - c. If you live for him and make the Kingdom of God your main concern, then he will give you all you need from day to day.
  - d. If you want to stop worrying .. Then make what Jesus wants first priority.

- e. When you worry it's a big sign that something else besides God is first place in your life.
  - f. Something is in the way of your really trusting God and living 100% for Him.
8. Put God first - live one day at a time.
  9. Trust God for the things out of your control.
  10. Pray - don't panic. Use God's Word
  11. You can overcome worry.

---

Sermon by Arthur Pigman - Sunday Sept. 9, 2007 Morning and Evening  
Evans Church of Christ  
515 Gibbs Road  
Evans, Ga. 30809  
706-855-1249  
evanscoc@bellsouth.net