

## *Should I Worry About This?*

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**Introduction:** We must constantly fight for the control of our thoughts!

- A. Reality is not always what we perceive to be true.
  - 1. Many a battle has been lost by a superior foe simply because fear made them think that their worries had come true.
  - 2. God allowed His people to be taken captive and to live in fear to bring about their repentance. **(Deut 28:64-67)**
  - 3. Living in worry and fear is indeed a “hell on earth.” Our God offers us peace! **(Isa 57:19-21)**
- B. If we could see what is really true we could live a life of peace!
  - 1. How often did Jesus teach this? **(Lk 12:6-7, 32; Jn 14:27)**
  - 2. It is very hard not to be stampeded into a panic. Some live in it!
  - 3. We can even acknowledge reality but still struggle with our fears.  
(Ex. Sleep study)

### ***I. What is worry?***

- A. μεριμνάω merimnao α AV - take thought 11, care 5, be careful 2, have care ; 1) to be anxious 1a) to be troubled with cares 2) to care for, look out for (a thing)
    - 1. The root idea is that of thoughts that produce burdens and trouble.
    - 2. Without faith in God it is not possible to logically eliminate worry. Jesus points out a simple but enormous truth for the believer! **(Mt 10:29-32)**
  - B. The great challenge we face is to choose faith over worry. We must choose to focus our minds upon God and His promises!
    - 1. We can create a world of doubt that can make us cowards. We must fight this “emotional reality.” **(1 Pt 1:13)**
- “The essence of worry . . . is the absence of thought, a failure to think.”
- 2. Faith teaches me the difference between what God wants me to do and what God will do. In other words we need to accept the things we cannot change. **(1 Cor 3:6-7)**
  - 3. Worry then accomplishes nothing but pain!
- C. We need the answer to one question: “Is God with me?”
    - 1. When that question is answered and obeyed then all is well! **(1 Pt 3:13)**
    - 2. We all have a load limit. God knows. Will you trust Him? **(Mt 6:33-34)**
- “One is given strength to bear what happens to one, but not the one hundred and one different things that might happen.”

### ***II. Things I must not worry about.***

- A. I must not worry about who will be the leader of our country.
  - 1. Our God rules in the nations and will bring up leaders this country deserves. God will do what is best for salvation. **(Rev 2:26-27)**

- 2. Our role is very limited. Stop worrying!
- B. I must not worry about how I will pay the bills.
  - 1. The Lord tells us to work and be content with what we have. **(Lk 3:14; 1 Tim 6:8)**
  - 2. We can stop worrying and look to the promises of God. **(Heb 13:5-6)**
- C. I must not worry about what others think of me.
  - 1. Some have allowed themselves to become slaves of others because of fear of others thoughts! (Ex. Mothers and their children) **(2 Pt 2:18)**
  - 2. When you treat others as a Christian should you do not have to beat yourself up over how they react! **(1 Pt 4:16, 19)**
- D. I must not worry about my health.
  - 1. What does Jesus want us to do? We are to be stewards over our bodies.
  - 2. There is much however we can do nothing about. **(Lk 21:16-18)**
- E. I must not worry about the well being of my family.
  - 1. There is a proper burden we bear when having a family! **(1 Cor 7:32-35)**
  - 2. When we have done all God has told us to then we must give it to God!
  - 3. Some grieve over children who never obey the gospel. What should they do?

### ***III. How to build a faith that overcomes worry.***

- A. I must eliminate things that build worry and chokes faith! **(Mk 4:19)**
    - 1. Have we placed too much trust in the political system of this country?  
You answer the question!
    - 2. Do I view my success in the things I own?
    - 3. Do my actions show different priorities than what I profess?  
**(Lk 10:41-42)**
    - 4. Are you weak in faith? Then pull weeds!
  - B. I must learn to stand on the promises of God.
    - 1. Many can quote God's promises but will never be put at risk for them.
    - 2. Jesus worked to teach His disciples this very thing. **(Mt 10:9-10, 19-20)**
    - 3. When was the last time you were at risk for the promises of God?
  - C. I must choose to make close friends of faith! **(Phil 1:27-28)**
    - 1. I have seen many destroyed because they walk with scoffers. **(Psa 1:1)**
    - 2. I remember many long runs with my friend David. Do you have such a friend?
  - D. I must regularly talk to a living God who sees and knows and cares. **(1 Pt 5:6-7)**
    - 1. Listen! We do not have to be like the burdened troubled world.  
**(Phil 4:6-7)**
    - 2. Worry will cause our prayers to be in vain. **(Jas 1:6-7)**
- “Worry is an indication that we think God cannot look after us.”

***Conclusion:*** You can have a peaceful, fulfilled life. **(Jn 10:9-10)**