

Rising Above Life's Toughest Problems - 2

"Wiping Out Worry"

Philippians 4:6-9; Matthew 6:24-34

Last Week: Why God allows problems: Direct, Inspect, Correct, Perfect

Today: Wiping Out Worry

Everyone worries - worry if nothing to worry about..must have forgotten something or they'd have something to worry about.

Vance Havner - *"Worry, like a rocking chair, will give you something to do, but it won't get you anywhere."*

Root word - "choke" or "strangle" - chokes out happiness and joy

Difference between worry and concern

- "Concern" - focuses on present - we can do something about it (child playing close to road)
- "Worry" - relates to future & is out of our hands

Not worrying doesn't mean don't plan for future. God planned birth, death, & resurrection

Plan for the future but don't worry about it.

We need to know: why we shouldn't worry & how to wipe it out

1. Why We Shouldn't Worry

a. Worry causes us to lose perspective

Today's culture - life is about gourmet food, designer clothes, cars, houses

Mt. 6:25a *"Is not life more important than food, and the body more important than clothes?"*

If we are just bodies, main concerns - eat, drink, clothing, shelter

If more than just bodies - there are far more important things than eat, drink, drive, where we live

When we focus on physical vs spirit. - worry causes us to lose perspective.

b. Worry causes us to forget our worth

Mt 6:26-27 *Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they? Who of you by worrying can add a single hour to his life?*

i.e. Hummingbirds - beautiful, fascinating, many varieties - name comes from sound of them flying
- Bee hummingbird - smallest of all birds

- Cuba /2" long; weighs 2 gms - weight of a dime

- flaps 75x/sec - can't see wings; Can travel 100s of miles non-stop

- hovers, go up & down, fly sideways

Jesus says, "Look at birds of the air - are we not much more valuable?"

Mt 10:30 *"And even the very hairs of your head are all numbered."*

Men usually easy - He even knows the true color of your hair

Why count hairs, # changes each time we shower or comb or brush our hair? We are valuable to God!

He knows everything about us, but worry causes us to forget our worth.

c. Worry robs us of strength

"Worry doesn't rob tomorrow of its sorrow; it robs today of its strength."

Mt. 6:27 *Who of you by worrying can add a single hour to his life?*

Can't make life longer, but we can make it more miserable.

Pr 12:25 *"An anxious heart weighs a man down"*

Worry burns up our mental energy so we are less able to apply constructive actions to whatever is causing us to worry.

SO WHAT? What do we do with worry

Ps 37:1 Do not fret because of evil men

Ps 37:7 Do not fret when men succeed in their ways

Ps 37:8 Do not fret-- it leads only to evil. - KJV - "Fret Not"

2. How To Wipe Out Worry

a. Examine our priorities

Worry - warning light - our priorities are out of order

Biblical priorities * - Mt 6:33 *"But seek first his kingdom and his righteousness, and all these things will be given to you as well."*

If we put God first in relationships, finances - all areas - He will bless that part of our lives.

Ps 5:12 *"For surely, O LORD, you bless the righteous; you surround them with your favor as with a shield."*

If we put God first, all our worries will die a natural death.

Why? If we worry, we are not trusting God.

I.e. - My wife will worry about some noise in her car - I'll tell her I'll take care of it in the morning
- she stops worrying because she trust me to take care of it.

We must set our priorities on God - His kingdom and His righteousness - then trust that He'll take care of the rest.

b. Live in the present (Live one day at a time.)

i.e. Children of Israel told to collect manna each morning for 1 day

Ex 16:20 *"However, some of them paid no attention to Moses; they kept part of it until morning, but it was full of maggots and began to smell."*

Eternal principle: Worrying about tomorrow makes today "stink."

Enjoy today - We are to plan for the future, but live in the present.

"Today is a gift from God; that's why it's called the 'present.'"

Can't enjoy today's "present" if we worry about tomorrow problems.

God gives us the grace & strength to live each day.

Deuteronomy 33:25b *"...your strength will equal your days."*

I don't know what going to happen tomorrow, but God will give me the strength I need for ever day He has given me to live.

c. Pray about our problems

Php 4:6 *"Do not be anxious (worry) about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God."*

Php 4:7 *"And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus."* "Guard" - military, peace of God is a sentry or guard to keep worry out of our hearts and minds.

Takes faith to turn everything over to the Lord.

How? By prayer. Only way to experience *peace of God*.

In the area of problems we have two choices - Panic or pray.

Ps 55:22 *"Cast your cares on the LORD and he will sustain you; he will never let the righteous fall."*

Difficult to cast or cares on Him because we forget how much God loves us.

1Pe 5:7 *"Cast all your anxiety on him because he cares for you."*

"Cast" - throw upon. Not fishing cast - throw and reel back. We are to cast it and leave it.

Is worry a sin? Eyes off of God. Lack of faith & trust. Doubt God.

Sorrow looks back, Worry looks around, but Faith looks up!

Ro 8:37 In all these things we are more than conquerors through him who loved us.