

Worry

I. Definition Of Worry

A. What it is not.

1. Worry is not proper care and concern that causes you to attend to business in a responsible way.

- a. II Cor. 11:29 Care for all the churches
- b. Phil. 2:20 Like minded to care for your state
- c. Gal. 4:19 Labor till Christ is formed in you.

2. Worry is not right planning.

James 4:13ff

B. What it is

1. Worry is over-anxious concern about the future and things.

Matt. 6:25 Do not be anxious for your life.

2. The original word stresses the action and effects of worry.

“To divide, part, rip, tear apart, be anxious, distract your attention.” Being drawn mentally in many directions.

- a. Matt. 12:25
- b. Mark 6:41
- c. Mark 4:19 Cares of this world distract.

3. Concern becomes worry, and therefore sin, when:

- a. Thoughts focused on changing the future.
- b. Thoughts are unproductive.
- c. It controls you instead of you controlling it.

- d. It causes neglect of responsibilities, relationships.
- e. It damages your body.
- f. You lose hope instead of finding answers.
- g. You stop functioning.

II Why Worry Is Wrong.

Mt. 6:21-34

A. It is unproductive

1. It accomplishes nothing (v. 27).
2. It is a thief of time (v34).
3. It controls your mind.
4. Thus, thoughts are unproductive.
5. It blurs you vision (vs. 22, 23). Peace of mind requires focus of mind.
6. It wastes energy
7. It damages the body.
 - heart rate increases, muscle tension, spastic colon, skin rash
 - grinding teeth, ulcers, asthma, headaches
8. The worrier usually stops functioning in many areas of life. Worrying in the extreme leads to immobility.
9. Worry is actually laziness.

Matt.25:14-30. Parable of the talents. Master said “You wicked and lazy Slave...”

B. It is unnecessary

1. God is able and trustworthy (vv.28-30).
2. He is concerned (v26; Mt. 10:28-30).
3. Worry is thus unbelief. Worry has a touch of atheism in it.

C. It is unbecoming. Dark outlook on life.

1. It is like unbelievers (v.32). Clamor after all these things.

2. It focuses on what one does not have (v. 31).
3. It focuses on earthly values, not eternal (v. 25).
4. It focuses on gift, not giver.
5. It has no hope.
6. Worry is thus idolatry (v. 24)

D. Observations

1. The basic focus of worry is my concern for tomorrow and a temporal value system.
 - a. Anger focuses on my way or opinion.
 - b. Fear focuses on my loss or hurt
2. The focus of life is wrong (Matt. 6:25) because:
 - a. The heart is not straight (v. 21). But divided
 - b. The eye is not single (v.22)
 - c. Love is wrong (v.24)
 - d. Life is wrong (v. 25).

James 1:8

Rom. 14:17 Kingdom of God is righteousness, peace, joy in Holy Ghost.

III. How to get rid of worry.

A. Wrong ways

1. Minimize
2. Pious wishing
3. Own efforts, not directed by Bible, guided by Holy Spirit.

Luke 12: 19,20

4. Manipulation
5. Activity, stay busy.
6. Talk about it.
7. Wrong praying.

B. Right ways.

Matt. 6:33 Seek first the Kingdom of God.

Phil. 4: 6-9

1. Right praying (vv. 6,).

- a. Recognize and confess worry as sin.
- b. Think God for His goals in trials and problems.
- c. Specific requests.
- d. Right praying and right thinking.

2. Right thinking (v. 8) Isa. 26:3 Stead fastness of mind.

- a. Remind yourself of God's bounteous provision.
- b. Thinking list.

Phil. 4:8 True, honorable, pure, just

c. Biblical planning.

James 4: 13-16.

- d. Find solutions to problems.
- e. Right praying > right thinking > right actions.

3. Right actions (v. 9).

- a. Redirect energy.
- b. 1 Cor. 10:13.
- c. Putting on right praying, thinking, acting puts off worry.

