Do Not Worry

Zanesville, OH | July 21, 2019 | John Pollard | Sermon Notes

**Foundational Scripture:** Matt. 6:25-34

**Intro**:

* The idea of worrying or being anxious about something or someone is not unfamiliar to anyone. We worry about food, family, trips, pets, health, insurance, finances, clothes, entertainment, church, God and the list grows more each day. The truth is there is nothing under the sun that we cannot find to worry about. We find ways and means to make even the smallest things the biggest problems in our lives and a large part of the reason, if we are candid with ourselves, is because we are so obsessed with worrying. For many people, it forms a quintessential part of their lives and if they should ever have nothing to worry about then their world might just crash. Is your life filled with worries and anxieties? Does the above, perhaps, describe your lifestyle and the way you live? If it does, don’t worry, there is a fix for it. Jesus can fix it. That is a guarantee.
1. **Worrying won’t accomplish anything**
	1. The bible asserts and supports that statement in Matt. 6:27: *“And who of you by being worried can add a single hour to his life?”* Jesus is pretty blunt about worry in this section of Matthew and He sums it up best by saying it’s a waste of time.
	2. It’s a waste of time because more than half of the time the things we are worried about are completely out of our control. There is nothing we can do about it and we just have to let it work itself out.
	3. When we worry and become overly anxious about the littlest of matters which we can’t do anything about (Lk. 12:26), it begins to take our focus away from what truly matters (Lk. 10:41-42). When this is done, we counteract the very thing we need to be doing (Eph. 5:15-17).
2. **Worrying can become sinful**
	1. Worrying can become sinful but not all worry is sinful. We are right to be concerned about things in our lives and that aspect can be good since it motivates us to improve and do better especially in our spiritual lives.
	2. But, if we are overly obsessed with trying to control everything and making sure things work out the way we want them, then that becomes disrespectful to God. This kind of attitude usurps the trust and confidence we must have in God. Remember, He gives us **ALL** things pertaining to life and godliness.
	3. Jesus also addresses this idea in Matt. 6:25-26, 28-30. He takes care of all the things in creation we care little about and we are of much more value to Him than those. Jesus wants us to rely and trust Him by living our lives as Christians in a way that shows our confidence that He can and will take care of our needs and concerns.
3. **Worrying can lead to insecurity, doubt and depression**
	1. God does not desire His people to be in such a position when He is disposed to bless us and give us every good and perfect gift (Jam. 1:17) and elsewhere where He tell us that He is our rock and shield (Psa. 46:1). We are told strongly by Paul that we are not to be anxious (Phil. 4:6).
	2. Spending time focusing on things that may not even matter can lead to insecurity. If we worry too much about what others think about us or our lives don’t meet some unrealistic expectation, then the danger is insecurity with a side of depression.
	3. Conversely, if we build and grow hearts and mindsets that are constantly anxious then that can create doubt. We may question ourselves, question life and question God. Some doubt is good since it can lead us to ask the right questions to get pivotal answers. But too much doubt brought on by obsessive worry will only lead to pain and frustration.

**Conclusion:** The simple solution to the problem of worry/anxiety is to trust in God. Our trust in God is reflected on our effort put forth in prayer and the kind of prayers we pray. Do we ask God the big questions? Do we come before His throne and pour our heart completely asking Him to do the big things and not just the little things (Phil. 4:6; 1 Pet. 5:7)? At times we tend to pray just for the small things but remember that we serve a God who is big and who can do great things! Our trust in God is also reflected in the way we live for Him. Are we faithful to His word, His cause and His brethren? Do we seek first His kingdom and His righteousness? We need to replace negativity and doubt with optimism and confidence that God will cause all things to work together for those who love Him (Rom. 8:28). Don’t let worry overcome you. Turn to Jesus and trust in Him!