

Do not WORRY



Do not be ANXIOUS

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Yes, it is our responsibility to have a reasonable “concern for each other” (1 Corinthians 12:25). It is not to be anxiety, but a healthy concern, directed especially to one’s family and to members of the family of God (1 Cor 7:33; 12:25). Ten more truths learned from Scripture regarding worrying and anxiety are:

**1. Choose the better, LISTEN to His Word.**

*Luke 10:41-42* “Martha, Martha,” the Lord answered, “you are *worried* and upset about many things, but only one thing is needed. Mary has chosen what is better and it will not be taken away from her.”

When we rest at the Lord’s feet, listening to what He says we “choose the better” and perspective is gained which eliminates worry.

**2. Get to the root of the problem, TRUST in God.**

*Jeremiah 17:7-8,10* “But blessed is the man who trust in the LORD, whose confidence is in Him. He will be like a tree planted by the water that sends out its roots by the stream. It *does not fear* when heat comes; its leaves are always green. It has *no worries* in a year of drought and never fails to bear fruit ... I the LORD search the heart and examine the mind, to reward a man according to his conduct.”

So we see that those who really trust God – placing their confidence in who He is, that He is good even when our vision may see only uncertainty, peril, hardships, and danger, His perspective and power is to work everything for His glory –

(i) they do not fear, (ii) they have no worry, and (iii) they will be rewarded for this.

**3. Consider the birds and flowers; you gain nothing by worrying.**

We don’t need to worry about anything. By the providential care of God, birds are fed and flowers are adorned with beauty (Matthew 6:25-30; Luke 12:22-28). And are we not worth much more than these things to God?

*Matthew 6:27* “Who of you by worrying can add a single hour to his life?”

*Matthew 6:33-34* “Seek first His kingdom and His righteousness, and all these things will be given to you as well. Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.”

Jesus rebuked the worriers by saying, “O you of little faith” (Mt 6:30). Your heavenly Father knows what you need (Mt 6:32). To stop the thought process do what Jesus commanded “Consider” (Luke 12:24,27). Consider the testimony of creation. Consider who God is. Consider His power and control of all things.

**4. Prayer brings peace.**

Even though God knows our needs, we are still commanded to pray. Rejoicing reduces worry and praying promotes peace.

*Philippians 4:4,6-7* “Rejoice in the Lord always. I will say it again: Rejoice! ... *Do not be anxious about anything*, but in everything, by prayer and petition, with thanksgiving, present your requests to God. And the *peace* of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.”

## **5. Anxiousness is a curse from God.**

*Deuteronomy 28:58,65* "If you do not carefully follow all the words of this law, which are written in this book, and do not revere this glorious and awesome name – the LORD your God – [then] ... the LORD will give you an anxious mind, eyes weary with longing, and a despairing heart."

## **6. This heavy burden should be cast upon Christ to carry.**

*Proverbs 12:25* "An anxious heart weighs a man down, but a kind word cheers him up."

*1 Peter 5:6-8* "Humble yourselves, therefore, under God's mighty hand, that he may lift you up in due time. Cast all your anxiety on him because he cares for you. Be self-controlled and alert."

*Matt 11:28-30* "Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light."

## **7. Take captive your thoughts; banish anxiety.**

*Ecclesiastes 11:8,10* "However many years a man may live, let him enjoy them all. But let him remember the days of darkness, for they will be many ... So then, banish anxiety from your heart."

*2 Corinthians 10:5* "take captive every thought to make it obedient to Christ."

*Luke 21:14* "make up your mind beforehand, not to worry"

## **8. Those who reject God will worry about one thing or another.**

*1 Samuel 10:2* "The donkeys you set out to look for have been found. And now your father has stopped thinking about them and is worried about you."

The Israelites of Saul's day had rejected their God (1 Sam 10:18). Among them was Saul's father who worried about his son when Saul had gone to look for some lost donkeys that had been found (1 Sam 10:2) We also often risk a greater thing for the sake of a lesser. Thus we give ourselves something more to worry about. For those who worry, always something more can be added to be concerned about or fret over.

## **9. Be careful ... not to worry.**

When Jesus taught on the signs of the end of the age, He concluded with the warning, *Luke 21:34,36* "Be careful, or your hearts will be weighed down with dissipation, drunkenness and the *anxieties of life*, and that day will close on you unexpectedly like a trap... Be always on the watch, and pray that you may be able to escape all that is about to happen, and that you may be able to stand before the Son of Man."

## **10. Worrying is a salvation issue.**

*Luke 8:14* "The seed that fell among thorns stands for those who hear, but as they go on their way they are choked by life's worries"

The parable of the 4 soils: The seed is the Word of God which falls upon various surfaces

(i) Path - devil takes seed so that they will not believe and be saved.

(ii) Rock - they receive it with joy, but there is no root. In time of testing, trouble, or persecution because of the Word, they fall away.

(iii) Among Thorns - choked by life's worries, money, deceitfulness of wealth, pleasures, or desire for other things.

(iv) Good Soil - they have a heart for God. They hear it, retain it, and produce fruit.