

Worry

Matthew 6:25-34

Introduction: Do you remember Y2K? In 1999, a brother in Christ went about predicting the doom of society as we know it. He said, this situation “may lead to the suffering and death of thousands or millions.” “It has the possibility of being the greatest worldwide catastrophe since the Flood.” Predictions of “25% failure of unprepared businesses in the first quarter of 2000, with a corresponding 25% unemployment” will come to pass. [Quotes from Tom Burch, of Tampa, Florida]

Yet, none of those things came to pass. They were needless worries.

Scriptures use the word “care” to define worries or anxieties. The Greek word, *merimna*, means “to be anxious about, to have a distracting care” [Vines]. We refer to this “anxious care” as “worry.” The majority of the verses in this study are from the use of this Greek word.

I. What does the Bible say about cares (anxieties or worries) of this life?

A. We are not to worry about our life (Matt. 6:25; Phil. 4:6).

B. Cares and worries are a snare in life (Luke 21:34-36). We are to watch for them and avoid being effected by them because worries can jeopardize our standing with Christ.

1. Worries can make you unfruitful and cause you to lose your soul (Matt. 13:22; Mark 4:18-19; Luke 8:14). The continual cleansing movement promotes the worry some feel whether they are saved in a given moment. So they twist scriptures to their own destruction.

2. Even legitimate concerns can distract us from the Lord’s work (1 Cor. 7:32-35).

C. If we can not trust in God to provide for our life then we lack faith (Matt. 6:30).

D. Christ tells us He will take care of our lives and we are not to worry about it (Matt. 6:25-34). This is the main reason why allowing COVID to paralyze our lives is wrong.

II. A University of Wisconsin study concluded the following about worries:

40% are over things that never happen.

30% are over the past and things which cannot be changed.

22% are over petty and needless worries.

8% are over legitimate things.

**Worries are a waste of time!!

III. What about the Lord instructing us to be prepared as in Luke 14:27-33?

A. In context, this passage is addressing our decision whether we planned and considered what it means to live a life for Christ. Did we plan to bear his cross? If we weren't prepared to forsake all for Christ, then we cannot be his disciple.

B. Christ tells us we must be prepared to die, not to live (Matt. 16:25-27).

C. Making preparation and plans are not about worry.

IV. Remedies for worry.

A. Put your trust in the Lord (Jer. 17:7-8; Psa. 37:5).

B. Pray and place your cares (worries) with God (Phil. 4:6-7; 1 Pet. 5:6-7; Psa. 55:22).

C. Worry about legitimate concerns. For example:

1. The church (2 Cor. 11:28).

2. Your soul (Matt. 6:33).

D. Live one day at a time (Matt. 6:34).

Conclusion: If your faith is in Christ, he will take care of you. If your faith is not in Christ, then start worrying!