

## *Should I Worry About This?*

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**Introduction:** We must constantly fight for the control of our thoughts!

- A. The very essence of the gospel involves the defeat and surrender of false thoughts from Satan to the planting and reigning of God's thoughts in our hearts.
  - 1. Satan will not yield without a fight. **(2 Cor 10:3-5)**
  - 2. After we have found the mind of Christ we need wisdom to keep it! **(1 Tim 6:11-12)**
- B. We need to remember that our adversary often attacks in places where we are not prepared! **(Eph 5:15-16)**
  - 1. Many of you are well prepared to resist false doctrine! This is very important but it is not all. **(Mt 7:15; Eph 5:11)**
  - 2. If you are well prepared to battle false doctrine Satan can destroy you another way! **(Rev 2:2-4)**
  - 3. There are no short cuts to faithfulness other than securing the whole heart.
  - 4. I have seen many who were taught well in doctrine who succumbed to uncontrolled anger, covetousness, unbridled lusts and other temptations.

### **I. What is worry?**

- A. merimnao  $\approx$  AV - take thought 11, care 5, be careful 2, have care ;
  - 1) to be anxious 1a) to be troubled with cares 2) to care for, look out for (a thing)
  - 2a) to seek to promote one's interests 2b) caring or providing for.
    - 1. The root idea is that of thoughts that produce burdens and trouble.
    - 2. When we trust God we will eliminate most thoughts that burden us! **(Mt 11:29-30)**
- B. The great challenge we face is to choose faith over worry. We must choose to focus our minds upon God and His promises!
  - 1. Without a strong effort we can allow our minds to be pulled by raw emotion. We must fight this "emotional reality." **(1 Pt 1:13)**

"The essence of worry . . . is the absence of thought, a failure to think." - D. Lloyd-Jones

  - 2. This is not easy! Look at how often Jesus reminded His disciples to look to their faith rather than their fears. **(Jn 14:27)**

"Worry is a thin stream of fear trickling through the mind. If encouraged, it cuts a channel into which all other thoughts are drained." - Arthur Somers Roche

  - 3. Faith teaches me the difference between what God wants me to do and what God will do. Here is where we need to think and trust God. **(1 Cor 3:5-6)**
  - 4. Worry then accomplishes nothing but pain!

"Don't tell me that worry doesn't do any good. I know better. The things I worry about don't happen."
- C. The key to overcoming worry is to ask this question: "Lord, what do you want me to do?"
  - 1. When that question is answered and obeyed then all is well! **(1 Pt 3:13)**

"Only man clogs his happiness with care, destroying what is, with thoughts of what may be." - John Dryden

  - 2. There is a burden God does place on us. **(1 Cor 12:25)**
  - 3. We all have a load limit. God knows. Will you trust Him? **(Mt 6:33-34)**

## ***II. Things I must not worry about.***

- A. I must not worry about who will be the leader of our country.
  - 1. Our God rules in the nations and will bring up leaders this country deserves. God will do what is best for salvation. **(Rev 2:26-27)**
  - 2. Our role is very limited. Stop worrying!
- B. I must not worry about how I will pay the bills.
  - 1. The Lord tells us to work and be content with what we have. **(Lk 3:14; 1 Tim 6:8)**
  - 2. We can stop worrying and look to the promises of God. **(Heb 13:5-6)**
- C. I must not worry about what others think of me.
  - 1. Some have allowed themselves to become slaves of others because of fear of what others may think! (Ex. Mothers and their children) **(2 Pt 2:19)**
  - 2. When you treat others as a Christian should you do not have to beat yourself up over how they react! **(Rom 12:18-21; 1 Pt 4:4-7)**
- D. I must not worry about my health.
  - 1. What does Jesus want us to do? We are to be stewards over our bodies.
  - 2. There is much however we can do nothing about. Here we are to trust God! **(Lk 21:16-18)**
- E. I must not worry about the well being of my family.
  - 1. There is a proper burden we bear when having a family! **(1 Cor 7:32-35)**
  - 2. When we have done all God has told us to then we must give it to God!
  - 3. Some grieve over children who never obey the gospel. What should they do?

## ***III. How to build a faith that overcomes worry.***

- A. I must eliminate things that build worry and chokes faith! **(Mk 4:19)**
    - 1. Have we placed too much trust in the political system of this country? You answer the question!
    - 2. Do I view my success in the things I own?
    - 3. Do my actions show different priorities than what I profess? **(Lk 10:41-42)**
  - B. I must learn to stand on the promises of God.
    - 1. Many can quote God's promises but will never be put at risk for them. **(Jas 2:18)**
    - 2. Jesus worked to teach His disciples this very thing. **(Mt 10:9-10, 19-20)**
    - 3. When was the last time you were at risk for the promises of God?
  - C. I must choose to feed upon the promises of God. **(2 Tim 1:13-14)**
    - 1. If I do not read with faith then I have no basis to know what God will do.
    - 2. How do you read your Bible? Do you really believe?
  - D. I must regularly talk to a living God who sees and knows and cares. **(1 Pt 5:6-7)**
    - 1. Listen! We do not have to be like the burdened troubled world. **(Phil 4:6-7)**
    - 2. Worry will cause our prayers to be in vain. **(Jas 1:6-7)**
- “Worry is an indication that we think God cannot look after us.” - Oswald Chambers  
“God is our help in trouble; if you worry, you are on your own.”
- 2. Jesus showed His disciples this kind of faith at the cross. **(Jn 16:30-33)**

**Conclusion:** Do you have a living faith? You must fight for it! **(1 Jn 5:4-5)**

- A. There is no peace until we yield all to the Lord.
- B. Christian, what are you showing in your life, faith or worry?