

## God's cure for worry

- Liz: I get so nervous and frightened during driving tests!
- Doctor: Don't worry about it. You'll pass eventually.
- Liz: I'm the examiner!

Today I would like to deal with the subject of worry although I don't suppose there is anyone here that is afflicted with this problem of worry is there?

Jesus said this in Matthew 6:<sup>27</sup> *Can worry make you live longer?* <sup>28</sup> *Why worry about clothes? Look how the wild flowers grow. They don't work hard to make their clothes.* <sup>29</sup> *But I tell you that Solomon with all his wealth wasn't as well clothed as one of them.* <sup>30</sup> *God gives such beauty to everything that grows in the fields, even though it is here today and thrown into a fire tomorrow. He will surely do even more for you! Why do you have such little faith?*

**Robert Frost** once said, "The reason why worry kills more people than work is that more people worry than work."

Since there are some worriers in our midst lets begin to look at ways to try and help and encourage them beginning with

### I. The Problem **with** Worry

#### A. Its Unhelpful

To worry about what we cannot help is useless. To worry about what we can help is stupid.

#### B. It's Unreasonable

Worry pulls tomorrow's cloud over today's sunshine. Hannah Whitehall Smith, writing in *The Christian's Secret of a Happy Life* said "You find no difficulty in

trusting the Lord with the management of the universe, and all the outward creation, and can your case be any more complex or difficult than these, that you need to be anxious or troubled about His management of you? Away with such unworthy doubting! Take your stand on the power and trustworthiness of your God, and see how quickly all difficulties will vanish before a steadfast determination to believe. Trust in the dark, trust in the light, trust at night and trust in the morning, and you will find that the faith which may begin by mighty effort will end sooner or later by becoming the easy and natural habit of the soul." To worry then is unreasonable

### C. It's Unhealthy

Ulcers are not caused so much by what you eat as by what you allow to eat you. Dale Carnegie noticed that "Our fatigue is often caused not by work, but by worry, frustration and resentment."

Well if worry is this bad and we all seem prone to it, then what should we do to get some measure of victory from it? Let's look at

## II. The Cure

### A. Believe God will take care of me

Psalms 23:1 says "The Lord is my shepherd; I shall not want. In other words, I have everything I need." As our shepherd he does at least 4 or 5 things for us that will lessen our need to worry. He

- Provides for us,
- Protects us,
- Guides us, and
- Corrects us

So I guess He has us pretty well under his care doesn't he? So why worry? Isaiah 40:11 says in part *He will feed his flock like a shepherd. He will carry the lambs in his arms, holding them close to his heart.* In Phil. 4:19 Paul wrote and said, *And this same God who takes care of me will supply all your needs from his*

*glorious riches, which have been given to us in Christ Jesus.*

We need to believe God will take care of us. God is our help in trouble; if you worry, you are on your own.

#### B. Remember distinctly

God is not the Shepherd of everybody. He's only the Shepherd of those who let Him be the Shepherd. Okay then, how can we get him to be the shepherd? We do it by

#### C. Accepting Jesus as my Lord

I can accept him as savior and then I need not worry about my forever, but it is only when I accept Him as Lord that I can get relief from the stress and worry in everyday life. Notice V 1 again, "The Lord is my Shepherd."

It has been said, "The Lord can't be your Shepherd until the Shepherd is your Lord." What does it mean to be Lord? It means to be in control. In other words, The person who is on top, in control, and calling the shots.

Worry is really a control issue. The root cause behind all of our worry is actually a fear that we are not in control. Worry is always an attempt to control the uncontrollable. Worry is assuming responsibility God never meant for us to have.

Every time we start to worry, we're trying to control something that we shouldn't be trying to control in the first place. Worry comes from human interference in the divine plan. So if playing God is the root of worry and I want to get victory over this problem what should I do? I need to begin to

#### D. Pray about everything

Whenever we're worried we have two options -- we can panic or we can pray. So let's refer to just a couple verses to help us get going in the right direction.

Philippians 4:6 reminds us *don't worry about anything; instead, pray about*

*everything. Tell God what you need, and thank him for all he has done. If a care is too small to be made into a prayer, it is too small to be made into a burden.*

I Peter 5:7 says *Give or cast all your worries and cares to God, for he cares about what happens to you.* Cast means to unload. So when you are loaded with worry there is a dumping ground called the **throne of grace**. I know that is what I need to do more of, "learning to dump it there, and go on in victory."

The problem is that, with our worries, we are sort of like a fisherman. We cast our worries over onto the Lord but then we reel them back in again so we can worry some more. Anyone here been fishing lately?

E. Consider one day at a time

Matthew 6:34 encourages us with **this** "So don't worry about tomorrow, for tomorrow will bring its own worries. Today's trouble is enough for today. Basically Jesus is simply saying; don't open your umbrella until it starts raining. **Remember:** Today is the tomorrow that you worried about yesterday.

Think of this way as we seek to end our cure. An unknown author wrote these words entitled **Two Days We Should Not Worry**

" There are two days in every week about which we should not worry, two days which should be kept free from fear and apprehension. One of these days is Yesterday with all its mistakes and cares, its faults and blunders, its aches and pains. Yesterday has passed forever beyond our control. All the money in the world cannot bring back Yesterday. We cannot undo a single act we performed; we cannot erase a single word we said. Yesterday is gone forever.

The other day we should not worry about is Tomorrow with all its possible adversities, its burdens, its large promise and its poor performance. Tomorrow is also beyond our immediate control. Tomorrow's sun will rise, either in splendor or behind a mask of clouds, but it will rise.

Until it does, we have no stake in Tomorrow, for it is yet to be born. This leaves only one day, Today. Any person can fight the battle of just one day. It is when

you and I add the burdens of those two awful eternities Yesterday and Tomorrow that we break down.

It is not the experience of Today that drives a person mad, it is the remorse or bitterness of something which happened yesterday and the dread of what tomorrow may bring. Let us, therefore, Live but **one day at a time.**"

The next time we begin to struggle with worry, we need to read and reread, and let sink in the words of Ps. 23:1 The Lord is my shepherd and then I need to let him shepherd me instead of my trying to worry my way through my mess. Why worry about the shadows of life? Turn your face to the sun and you won't see them.

Let me leave you with the thoughts of an anonymous author entitled **Thoughts to Live by**

You shall not worry, for worry is the most unproductive of all human activities.

You shall not be fearful, for most of the things we fear never come to pass.

You shall not carry grudges, for they are the heaviest of all life's burdens.

You shall face each problem as it comes. You can only handle one at a time anyway.

You shall not take problems to bed with you, for they make very poor bedfellows.

You shall not borrow other people's problems. They can better care for them than you.

You shall not try to relive yesterday for good or ill, it is forever gone.

Concentrate on what is happening in your life and be happy now!

You shall be a good listener, for only when you listen do you hear ideas different from your own.

You shall not become "bogged down" by frustration, for 90% of it is rooted in self-pity and will only interfere with positive action.

You shall count your blessings, never overlooking the small ones, for a lot of small blessings add up to a big one.

For us to enjoy victorious living remember, don't worry about the world situation we face. Just be the best you can be and work to do your part to help straighten out the mess caused by our leaving God out of the equation, and by Christians who refuse to believe and obey God and do things their own way instead of His way and then have to worry about the outcome.

We have a choice. We can be worriers or we can be world changers. Remember, the best is yet to come. Lets not forget, People gather bundles of sticks to build bridges they never cross.