

“How to Live in a World of Worry”
Matthew 6: 25-34

February 27, 2022

One of the greatest needs of mankind is the need to be delivered from anxiety and worry!

Worrying is carrying tomorrow's load with today's strength—carrying two days at once. It is moving into tomorrow ahead of time. Worrying does not empty tomorrow of its sorrow; it empties today of its strength.

—Corrie ten Boom



“Worry, anxiety, is a thin stream of fear, trickling through the mind. If encouraged, it cuts a channel into which all other thoughts are drained.”
(Arthur Sommers Roche)

Worry is our nemesis!

A result of the fall; a result of sin

We all must deal with this enemy!!

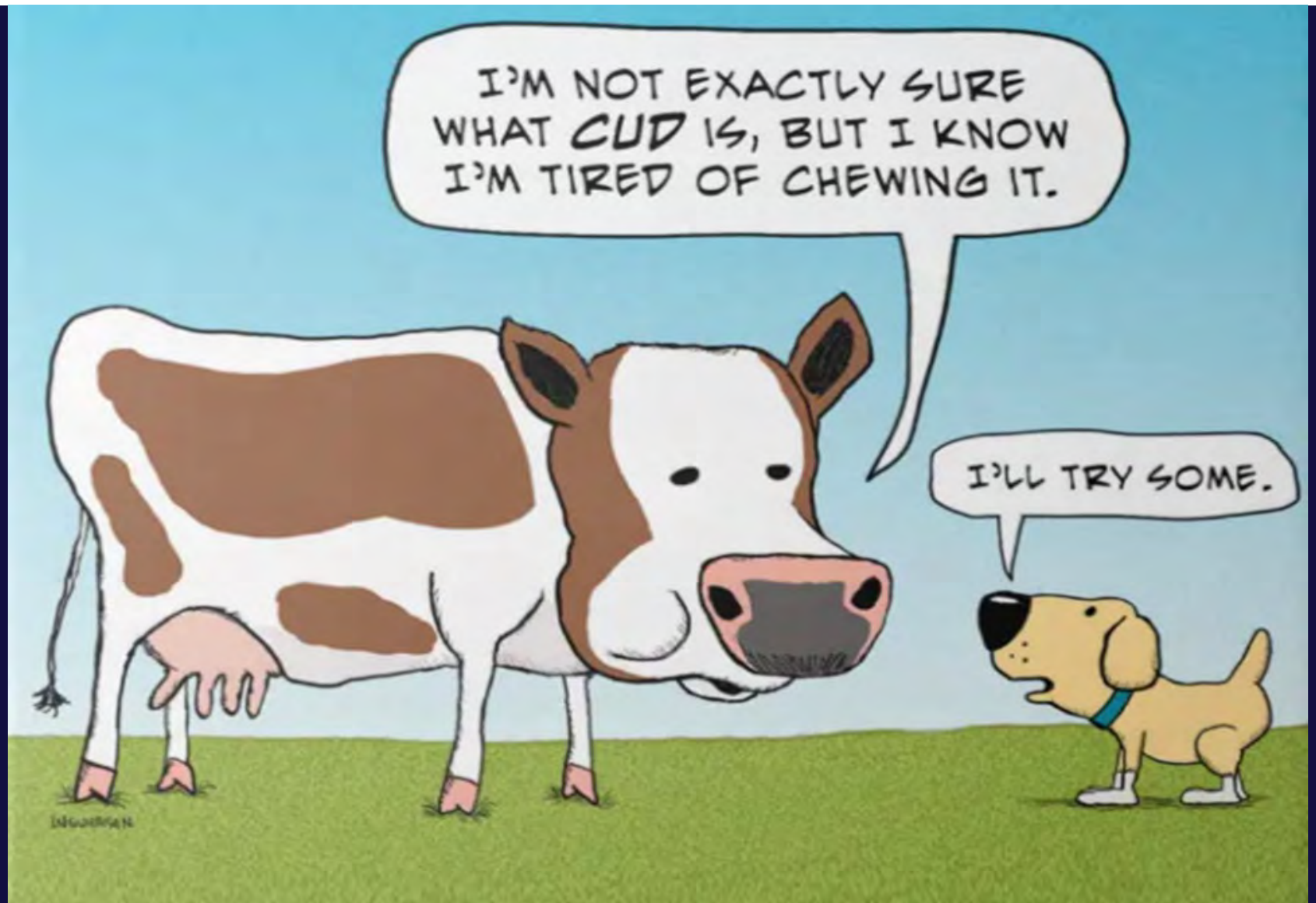
Verse 25 - 30

Command #1 – *Worry is worthless!*

WORRY = to be anxious; to take thought of

Ruminating, churning, over and over,
about an issue or situation

To *“chew the cud”*



I'M NOT EXACTLY SURE
WHAT *CUD* IS, BUT I KNOW
I'M TIRED OF CHEWING IT.

I'LL TRY SOME.

WORRY = is really taking thought of self

When I worry, I have taken my thoughts **off God** and placed them on **my** source of worry

First worry source – *“Your Life”*

- A **preoccupation** with food and clothing
- A **preoccupation** with being safe and secure
- A **preoccupation** of what might happen – *the crux of the matter!*

Jesus' lesson from nature:

The birds of the air are cared for, *God will care for you!!*

Jesus hits worriers right between the peepers – *“O you of little faith”*

The CURE for worry is FAITH – TRUST!

“I will trust in the Lord until I die!”

(Richard Farmer)

We all have the “worry” gene

At salvation, your genome changed –
you can win the worry battle!

How?

Take the **focus *off me*** and my distress,
place my **focus *on God*** – **TRUST GOD!!**

Focus on God > *Exit worry!*

Focus on me > *Enter worry!*



“ DONT LOSE FOCUS ”

The time of a person's death is determined by our Sovereign GOD – Psalm 139: 16

Worry will not extend your life one nanosecond!

WORRY!

WHAT IS IT GOOD FOR?

ABSOLUTELY NOTHING!!

Verse 31 - 33

Command #2 – *Do not worry like the world!*

The world worries about everything – nuclear war, famines, pestilence, the planet dying

The world's cure:

Globalism, the world uniting as one to save the planet

Mankind will not destroy the earth!

Psalm 104: 5

God is against globalism!

God is for borders

**God established boundaries so one person
could not rule unchecked**

Deuteronomy 32: 8

Acts 17: 24

Climate change is being used to support globalism

Gaia, the earth god, is hurting and rebelling with hurricanes, earthquakes, etc.

If we do not bow to gaia, then gaia will destroy humanity

Exit the **True GOD**, enter the *“zeitgeist spirit”*

The spirit of the age permeates our Godless world!

Worship the creation, and ignore the Creator

Romans 1: 20-23

Jesus' response to all of this nonsense:

DO NOT WORRY like the Gentiles, the earth dwellers

Do not go into panic mode

DO save your sanity and ***“Seek first the Kingdom of God”***, your peace place

Do not allow the world's worries to capture your soul

Verse 34

Command #3 – *Do not fret about tomorrow*

FACT: The trouble we are worrying about may never materialize

How do I stabilize my emotions when facing adversity, a worry event?

The Word of God; time with God stabilizes our emotions

Isaiah 26: 3

LET GO and ***LET GOD!***

Learn to relax and trust God!

CLOSING THOUGHTS:

Worry, impossible situations, can be opportunities to shine for Christ!

Worry need not control our lives

“We are all faced with a series of great opportunities brilliantly disguised as impossible”

(Chuck Swindoll)

The antidote for impossible situations:

- 1) *TRUST GOD!*
- 2) Do not focus on hypothetical “*what if*” scenarios
- 3) Refuse to turn a situation into a worst-case scenario
- 4) Worry must be treated as *an unwelcome enemy*
- 5) We must approach worry with a *warrior attitude!*

Attitude

The longer I live, the more I realize the impact of attitude on life. Attitude, to me, is more important than facts. It is more important than the past, than education, than money, than circumstances, than failures, than successes, than what other people think or say or do. It is more important than appearance, giftedness or skill. It will make or break a company... a church... a home. The remarkable thing is we have a choice every day regarding the attitude we will embrace for that day. We cannot change our past... we cannot change the fact that people will act in a certain way. We cannot change the inevitable. The only thing we can do is play on the one string we have, and that is our attitude... I am convinced that life is 10% what happens to me and 90% how I react to it. And so it is with you... we are in charge of our Attitudes.

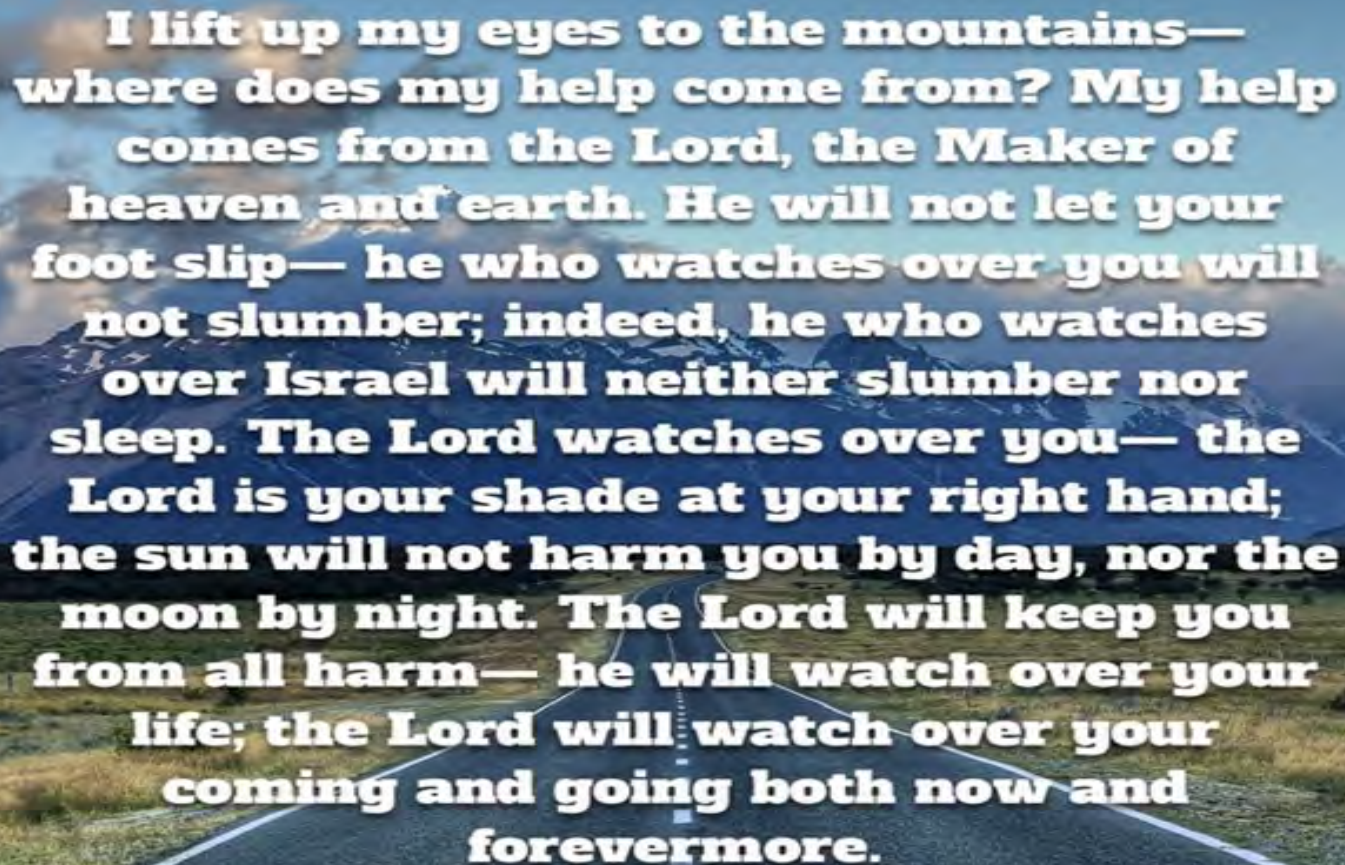
~ Charles Swindoll

WE ARE IN CHARGE OF OUR WORRY RESPONSE!!

***“Have courage for the great sorrows of life
and patience for the small ones.
And when you have finished your daily
task, go to sleep in peace,
GOD IS AWAKE!”***

(Victor Hugo)

FIX YOUR GAZE ON GOD!



**I lift up my eyes to the mountains—
where does my help come from? My help
comes from the Lord, the Maker of
heaven and earth. He will not let your
foot slip— he who watches over you will
not slumber; indeed, he who watches
over Israel will neither slumber nor
sleep. The Lord watches over you— the
Lord is your shade at your right hand;
the sun will not harm you by day, nor the
moon by night. The Lord will keep you
from all harm— he will watch over your
life; the Lord will watch over your
coming and going both now and
forevermore.**

Psalm 121:1-8

NEVER FORGET!

GOD IS AWAKE!!

ENTER GOD >

EXIT WORRY!