



Christian Life Fellowship
Becoming fully devoted followers of Christ



Seven Reasons Why We Need Not Worry

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Introduction:

This morning we celebrate the resurrection of Jesus Christ. His lives and because of that we can be certain of eternal life. We can be certain that death is not the final chapter for those who love Christ. All that we believe from the Word of God is validated by the resurrection of Jesus Christ. It was predicted that He would be born, that He would live among us, that He would be crucified, that He would be buried and that three days after His death, He would rise again.

If there was ever any reason why we should not worry it is because Jesus is who He said He was, and He did what He said He would do and He is alive today. The definition of worry is to torment oneself with or suffer from disturbing thoughts; to fret. Looking at the word “worry”, we find that it means to have a divided mind. It is not God’s will that we worry about anything. We should not worry about the basic stuff of life, nor should we worry about the complex stuff of life.

Over the next several weeks we are going to look at seven reasons why we should not worry. Reason number one is that God can be trusted with the details of our lives. God is big enough to be trusted with every single detail of our life, both big and small. That includes what we eat and drink and the big things like our job, our family, our health, the economy, the government, and North Korea.

Before Jesus went to the cross and died, He spoke these words to his disciples. He was telling them that they did not have to sweat about the details of their lives; He had it covered. **John 14:1-4** - "Don't be troubled. You trust God, now trust in me. There are many rooms in my Father's home, and I am going to prepare a place for you. If this were not so, I would tell you plainly. When everything is ready, I will come and get you, so that you will always be with me where I am. And you know where I am going and how to get there."

Many people today believe in God but some people are not so sure about God’s only begotten Son – Jesus Christ, who came and lived among us as a man, suffered under Pontius Pilate, was crucified, died and buried. On the

third day he rose and ascended to the Father. He is seated on the right hand of God and will come again to judge the living and the dead.

It is a fact that Jesus Christ of Nazareth lived, died and rose again. It is a fact that he had a small group of very close followers that He taught for 3 ½ years. It is a fact that just before Jesus went to the cross and faced death, he prepared His followers for what was coming. He did not want them to worry about the future. He did not want them to worry about the events that would take place during that holy week when He would die on a cross and be buried. It was not the end but a season of preparation for what was to come. The hope and promise of a permanent place of nearness to God is something Jesus wanted to leave with His disciples. The grave was not the end; it was the doorway to what He was going to prepare for them. He wanted to reassure them that the things they would experience in this life were temporal and there was something far better, far more permanent in the future for them. Jesus did not want them to worry and get their attention side-tracked.

I think the disciples most likely had some genuine reasons why they could have worried. The details of their lives had been rearranged by Jesus coming. They had given up everything to follow Him. Now Jesus was indicating that He was going to leave them and what was going to be the end result of that. They could have been worried about how they would be actually accomplish what Jesus wanted them to do without His physical presence.

Jesus had taught them about worry early on in His interaction with them. Listen to His word to them and us. **Matthew 6:25** - "So I tell you, don't worry about everyday life—whether you have enough food, drink, and clothes. Doesn't life consist of more than food and clothing? If Jesus had the power to lay down His life in death and to take it up again, He has the power to take care of the details of your life, past, present and future.

I. Life consists of more than food and clothing.

Jesus is trying to convey here that the life you have is more valuable than the food you eat to sustain it or the clothes you wear to keep warm or dry. All too often we worry about things which are not that important or essential to life itself. When we worry about what we eat and what we wear, we place the value of life at a lower level than it truly is. Life is sacred, eternal and precious. We should never value it on the same plane as food and clothing. Yesterday is behind us and tomorrow hasn't gotten here yet, so why worry about the past or the future?

The details of an average person's worries are focused on :

- 40% -- things that will never happen
- 30% -- things about the past that can't be changed.
- 12% -- things about criticism by others, mostly untrue
- 10% -- things about health, which gets worse with worry
- 8% -- things about real problems that will be faced

II. We must shift our focus from worry to prayer.

Philip. 4:6 - Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done.

"Any concern too small to be turned into a prayer is too small to be made into a burden." – Corrie ten Boom, *Clippings from My Notebook*.

Prayer is an amazing way to deal with the details of your worries. Give them to God. Let Him look after them. Your worry is not going to change things, make things go away, improve things or make something happen. Looking at **Philip 4:6**, we see that we should pray, talk to God, tell Him what you need. That scripture also tells us that we should thank him for everything he has done. If our focus can be shifted from worrying about the details of things we can't control to being thankful for the details of God's faithfulness and His attention to everything about us, then it will help us deal with worry.

Too many times when I have been in a state of worry, I have not been thankful, I have not been prayerful, I have not trusted God to take care of the details, large or small. When my focus is changed to

God and His ability and His promises and His power things change. **Matthew 6:27-29 - Can all your worries add a single moment to your life? And why worry about your clothing? Look at the lilies of the field and how they grow. They don't work or make their clothing, yet Solomon in all his glory was not dressed as beautifully as they are.**

Let me ask you a question this morning. How many of you have extended your life one single moment because you have worried about anything? Look – not one person raised their hand. It is a waste of your life, your time, your health and your energy to worry about anything. In fact, quite the opposite is true. By worry we actually diminish our life and its quality. Don't you think you are more valuable than the lilies of the field? The lilies here are beautiful. They didn't wake up this morning and say to themselves, "Oh, it's Easter. I'm going to be in church and then go to someone's house. I'd better worry about how I look and smell." How silly. They just grow and are beautiful for a few days and then they fade and die.

Conclusion:

Worry is a form of self-orientation that thinks, "It's up to me to take care of this situation." So it is acting as if there is no God to deal with the situation or that God doesn't really care enough about it to act. I don't know what you worry about. I don't know what strikes panic into your heart about the past, present or future, but I know God cares about the details of your life. He certainly took care of the details of Jesus' birth, life, death and resurrection and He wants you to let Him do His job of taking care of the details of your life too. ***Let Him.***

Look friends, if God can clothe them with more splendor than Solomon, don't you think He can take care of you and the details of all that you get worried and stressed about? Here is what worry will do to you. It will cause health problems. For example, high blood pressure, breathing problems, digestive problems, and interrupt your sleep. It can cause your liver to malfunction and raise your cholesterol levels. Because of the health problems associated with worry, it will shorten your life. Worry will keep you from focusing on today.

Proverbs 12:25 - Worry weighs a person down; an encouraging word cheers a person up.

The difference between worry and genuine concern is that worry immobilizes, but concern moves you to action. Concern becomes worry when we fail to relate the situation that confronts us to the source of sufficiency in God. To worry is to take on a responsibility that is not ours to assume, failing to recognize that God is bigger than any problem we might have and loves us enough to seek our highest good in the midst of every situation.