



Christian Life Fellowship
Becoming fully devoted followers of Christ



Seven Reasons Why We Need Not Worry

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Introduction:

Last week we started a series of sermons called seven reasons why we shouldn't worry. Reason number one was we shouldn't worry because God is in charge of the details of our lives. Here is reason number two: **We shouldn't worry because when we worry about the future, it hampers our efforts today.**

How many of you can see into the future? How many of you with absolute 100% accuracy can predict what you will be doing tomorrow at this very moment? You can tell me your plans, but nothing is for certain. Just a few weeks ago we heard that Natasha Richardson, an actress who was out skiing, fell down on a beginners slope, hit her head and within 24 hours she was dead. We don't have any guarantee about tomorrow; all we have is this moment now.

I remember vividly one spring at college. We were in final exam week, so it must have been toward the end of April or the beginning of May. It was to be one of the last final exams I had to take before leaving campus for summer break. I was studying in my dorm room when suddenly the alarm went off and the RA came down the hall, knocking on all the doors on our floor and telling us to get to the basement of the dorm; a tornado had been sighted not far from campus.

It was scary. Several of my hall mates left their rooms, taking their books with them to study for final exams. I remember getting down in the basement and then thinking, I should have brought this with me or I should have brought that with me. It was too late; no one would let us leave the basement. We were stuck there for about three hours waiting until the tornado passed.

I could not have seen that event happening 24 hours earlier or even 12 hours earlier. If I had known about that event earlier, I probably would not have studied. My mind would have been on the upcoming event and wondering if I and the students on campus would be safe, etc. Because of what was happening right then and I was caught up in the moment, I was not able to focus on worrying about my exam the next day. I was focused on praying and getting through the tornado.

I. Resist the Temptation to Worry.

Matthew 6:26 - Look at the birds. They don't need to plant or harvest or put food in barns because your heavenly Father feeds them. And you are far more valuable to him than they are. When our worry is focused on an event that isn't here yet, we cannot focus on the current moment. How often we have worried ourselves sick about something we think might take place tomorrow or in the future and then we get to that moment and it never happens? In the meantime, while we are fretting and worrying and stewing about the future, we cannot be focused on the present. God has made us to live in this moment. We don't know what tomorrow may bring. Jesus may come back before tomorrow ever comes and then all the worrying we have done will be in vain.

Matthew 6:34 - "So don't worry about tomorrow, for tomorrow will bring its own worries. Today's trouble is enough for today. How many of you can think about two things at the same time? It really is not possible for us to do. Our attention can only be focused on one thing at a time. I believe that God is teaching us here that every day will bring the temptation for you to worry. Along with that temptation is the opportunity to resist and trust God to take care of that worry by doing your part and then committing it to Him in prayer. Each day has enough trouble in it that you don't have to take on the troubles of the next day which haven't even arrived yet. **If you want to test your memory, try to recall what you were worrying about one year ago today.** ~ E. Joseph Cossman

II. Worry Limits Creativity and Energy.

A person who worries, at least while they are worrying, is not capable of creative, energetic living. You say, "Well, I'm just a worrier". No! That doesn't have to be your plight in life. This is serious stuff. Friends, worry chokes off the Spirit of God because worry is the opposite of faith. Worry will choke off the love, joy and peace of God in your life. Worry will leave you fruitless in your spiritual life.

Each of the gospels records the story Jesus told about the sower and the seed. **Mark 4:19** - **But all too quickly the message is crowded out by the**

cares of this life, the lure of wealth, and the desire for nice things, so no crop is produced. One of the things that destroyed the life of the seed that sprung up and was growing and would have produced fruit was the cares of this life. The three things that are mentioned here are **distractions** – worries, delusions, **deceptiveness** of riches and **desires** of our flesh – lusts, all work together to choke out the word and its life. Worry does that. It destroys the life, the fruit and the potential for growth from your life. When we worry, we cannot reach the full redemptive potential that God has in mind for us.

Worry is a radical kind of unbelief. We have dared to take the place of God in our lives. We are thinking that we are supposed to (and not only supposed to, but we think we can) somehow control our future. When we worry, we use our imagination in a way that God never created it to be used. Our imagination was made to "see" God in everything, but when we worry we take our imagination into a non-existent world. That is a dangerous place to be. In that non-existent world, no angel is there, not even God Himself is there, because God only exists in reality. God can't be in what isn't.

Here we are (when we worry) going into the land of "is not." It's a place in our mind, emotions and spirit that we create but doesn't actually exist in reality. You see, tomorrow doesn't exist. In our imagination, we create what we think could possibly happen tomorrow and then we act as though that is reality. The password into this imaginary land is "WHAT IF?" You move into that imaginary land when you go down that path. What if I lose my job? What if I can't get another one? What if I get sick and there is no money? What if they raise the rent? All the insane "what ifs?" about the job tomorrow can weigh you down today. The "what ifs" lead down an endless path that goes nowhere. Probably nothing will happen. If what could happens does happen, it probably won't end up the way you think it might.

III. Worry Robs of Us of Focus.

Jesus says, "**Don't be anxious over food. Don't be anxious over shelter. Don't be.**" He says do not be as the Gentiles or a better word is "heathen." Heathen are those who have not received a

revelation of God. Those who are followers of Christ know who God is. You know He is your Abba, your Father who unconditionally loves you. He says do not be anxious over things such as food and shelter and clothing. Even though these are important, they should not be valued like our life is.

Our worries rise out of a lifestyle in which we have forgotten God. I don't know a gentler way of saying that. Think with me through the great benediction of the Church, **"THE GRACE OF THE LORD JESUS CHRIST, THE LOVE OF GOD, OUR FATHER, AND THE FELLOWSHIP OF THE HOLY SPIRIT BE WITH YOU ALL."** There is no room for worry in that statement. Worry robs us of focus on today.

James 4:13-14 - Look here, you people who say, "Today or tomorrow we are going to a certain town and will stay there a year. We will do

business there and make a profit." How do you know what will happen tomorrow? For your life is like the morning fog—it's here a little while, then it's gone. Your life is very brief. It is like the morning fog. When you get up and it is foggy out, you can hardly see the nose in front of your face. That fog is here a short time and then suddenly the sun breaks through the fog, and it vanishes. That is what our life is like. It is not that we should not plan for tomorrow, but we should be focused on today because our life is so fleeting. It is gone before you know it. If we cannot predict what will happen tomorrow, then why should we spend our time and energy worrying about it.

Worry never robs tomorrow of its sorrow; it only saps today of its joy. ~ Leo Buscaglia
Worrying is like a rocking chair, it gives you something to do, but it gets you nowhere. ~ Glenn Turner

Conclusion:

Over the next week, I want you to put into practice what we have talked about this morning. I am not saying we shouldn't plan for tomorrow, but we must focus on today. Don't worry about tomorrow. Doing so is a waste of time and energy that will choke out the life and fruit. Rather, give yourself to today. Give yourself to God. Give yourself to prayer and trust Him to take care of you. You know – He is big enough to do so.

WHO IS FLYING YOUR PLANE?

A little boy flying in a commercial airplane was sitting in the seat next to a lady who was shredding her Kleenex, trembling with worry and fear. "Little boy," she asked, "How can you be so calm as we fly through this storm? Aren't you terrified?" "No," the lad responded as he played with his toy airplane. "How can you be so calm in a situation like this?" The boy stopped flying his toy plane and looked her straight in the eye and said, "I'm not worried. You see, my dad is the pilot."