



Christian Life Fellowship

Becoming fully devoted followers of Christ



Seven Reasons Why We Need Not Worry

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Introduction:

Two weeks ago we started looking at seven reasons from God's word about why we shouldn't worry. That day we talked about not worrying because God is able to control all the details of our lives. Last Sunday we talked about not worrying because when we worry about tomorrow, it hampers our efforts for today.

Today, reason number three is that we shouldn't worry because when we do, it is more harmful than helpful. If we have the ability to make choices in our life that can be more helpful to us and others, then let's make the choices that are positive, that are healthy, that are helpful, that will advance the kingdom, that will make us more devoted followers and that will help our faith to grow. **Matthew 6:27 - Can all your worries add a single moment to your life? Of course not. Philip. 4:6-7 - Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. If you do this, you will experience God's peace, which is far more wonderful than the human mind can understand. His peace will guard your hearts and minds as you live in Christ Jesus.**

I. Worry interferes with God's peace.

Peace is something that cannot be purchased. It is one of the fruits of the Spirit and it a gift of God. We can destroy the peace of God in our lives by our worry. When we don't display the peace of God like we should, that has an impact on those around us. The harm is not only to you physically, emotionally and spiritually, but also it impacts others and the kingdom of God. When we worry it clouds our ability to stay focused on God's promises.

One way of dealing with our worry is to pray about everything. Often we pray only about the things that we think are big things. We pray about the things we know are beyond our ability to do anything about but the little things, the things we think we can handle, we don't turn over to God in prayer. To tell God what we need is another important part of dealing with worry. Don't try to keep it all to yourself. Tell it to someone who can do something about supplying your need. Talk to God. Have you ever found it to be the case that you talked to your spouse, or your best friend, or even a neighbor about something, but you didn't talk to

God about it? There are times that we all have told something to a friend, but not told it to God. Of course, God knows it anyway, but there is something about our level of trust and willingness to be transparent when we tell God about our need. Praying allows us to see and acknowledge our need and inability but also allows us to see and acknowledge God's ability and supply to meet the need. It boils down to trusting and relying on God to have control.

Another thing we are told to do is to thank God for all he has done. I am encouraged when I look back and see how big God is and the way He has led and directed and met needs. It is amazing to have that kind of history. When you come up to something that you start worrying about, remind yourself God did this and I can trust Him again. God took care of that six months ago and he can take care of this now. If we don't pray and tell God what we need, remembering to thank Him for all He has done, we are not going to have the peace that we could have and worry is going to dominate our mind, emotions and heart.

II. Worry interferes with our health.

Worry a little every day and in a lifetime you will lose a couple of years. If something is wrong, fix it if you can but train yourself not to worry. Worry never fixes anything.

**Rule number one is, don't sweat the small stuff.
Rule number two is, it's all small stuff.~**

Robert Eliot

If you can't sleep, then get up and do something instead of lying there worrying. It's the worry that gets you, not the lack of sleep.~

Dale Carnegie

It is said that more than half of all the hospital beds in America are filled with people who don't have an organic illness. What put them there? Worry! I mentioned last week that there are a number of physical problems that we struggle with because of worry; high blood pressure, heart problems, digestive problems, sleep disorders and on and on we could go. When we logically realize there is no value in worry, we have to admit that when we allow ourselves to worry we are diminishing the value of our lives. Worry is futile and wastes time. Because

of worry, we rob ourselves of this moment in order to give ourselves to something that most likely will never happen.

III. Worry interferes with our trust.

The level of your worry indicates the strength of your trust. How many of you were ever paired up in school with someone who didn't get assignments turned in on time and they did poorly in their tests but you and they had to work together to get a project done? You did your part and did it well but you worried because you knew your partner had a poor work record. The strength of what your trust could have been was weakened because of your knowledge of their track record. Trust and worry are opposite each other. God can be trusted. He has been reliable for centuries. He does answer prayer. He does meet needs. He is still in control and He still moves. The Bible records times when Jesus would tell His followers that their faith was small or shaky. **Matthew 14:31 - Instantly Jesus reached out his hand and grabbed him. "You don't have much faith," Jesus said. "Why did you doubt me?"**

Here is the story of Jesus and Peter in the middle of the storm. Jesus comes walking on the water and Peter gets out of the boat to walk on the water toward Jesus. When he took his eyes off Jesus and began to focus on the storm around him, he got worried. He began to sink and cried out to the Lord to save him. Jesus asked him, "Why did you doubt, you of little faith?" The worry about sinking, about the storm, about doing the impossible was what changed his focus and caused him to doubt the word of God.

Do not let anything bring you to the place of doubt. If you allow fear, inadequacy, limitations, inabilities, weakness or storms to dominate your thoughts, they will bring you to the place of doubt. Instead, choose to let your faith be strong in God's word and His ability. **Matthew 17:20 - He told them, "Because you have so little faith. I can guarantee this truth: If your faith is the size of a mustard seed, you can say to this mountain, 'Move from here to there,' and it will move. Nothing will be impossible for you."**

Here is another account of the impossible and the limitations of what we can do as human beings. This man came to Jesus seeking help because of the condition of his child. I'm sure this man worried about his child. The word "lunatic" from the original language meant crazy or moon-struck. The child was not all there mentally and emotionally.

If, as a parent, you have ever dealt with illnesses in a child, you have somehow had moments when you worried. This man was no different. He said, "Help me please because I am helpless and I'm worried about this child even surviving. Sometimes he falls into the water or into the fire. I brought him to your disciples and they could not help him, so I am bringing him to you, Jesus."

Then the child was brought to Jesus and he drove out the evil spirit that was tormenting the child and he was made whole from that moment. The disciples asked Christ later why they were not successful in dealing with that evil spirit and Jesus replied, "It is because of your unbelief."

Did you ever get that desperate when you have done something and worried about it and taken it as far as you can? You go to all the people who are supposed

Conclusion:

When you have a great deal of trust that no matter what happens in life you'll come out okay; your focus won't be on worrying. Your focus will be on trusting the one who is in control.

to know and supposed to be able to help, but they can't and finally in desperation you bring your situation to Jesus. Jesus made a statement that those kinds of people and the generation are faithless and unbelieving.

Worry will mess with our trust and destroy our faith to the point that we can't function under the power of God. God has given to His people the authority in His name to lay hands on the sick and see them healed, to drive out demons, to proclaim deliverance to those who are in bondage, to destroy the works of the enemy. He has empowered us with the Holy Spirit to destroy strongholds, cast down imaginations and bring our thoughts captive making them obedient to the word and power of God.

I hope you are beginning to see how the enemy of your soul works through the imagination of your mind, to cause you to worry about things that you have no control over and need to trust God in bringing you answers. **2 Samuel 22:31** - "As for God, his way is perfect. All the Lord's promises prove true. He is a shield for all who look to him for protection. Safety and protection are among God's promises. The promises of God are true, they are right, they are sure.