



Pastor David Koch

Seven Reasons Why We Need Not Worry

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Introduction:

Three weeks ago we talked about not worrying because God is in control of the details of our lives. Two weeks ago we talked about how worrying about the future hampers our efforts for today. Last week we talked about how worry is more harmful than helpful. Today we want to explore the fact that we don't have to worry because God does not ignore those who depend on Him. Dependence is defined as the state of relying on or needing someone or something for aid, support or the like; reliance, confidence, trust, the state of being conditional or contingent on something as though a natural or logical sequence; subordination or subjection.

Matthew 6:28-30 - And why worry about your clothes? Look at the lilies 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. And if God cares so wonderfully for flowers that are here today and gone tomorrow, won't he more surely care for you? You have so little faith!

Everything in life attempts to move us from dependence to independence. As children, we depend on our parents to care for us, to help us learn skills that will cause us to become independent. Parents do not want to physically carry their children around all their life, so children are taught, encouraged and allowed to walk so they can be independent. Parents do not want to have to feed their children all through their life, so parents teach them how to use a knife and fork and spoon and cup. They learn how to eat and drink on their own, so they can become independent. Parents do not want to have to dress their children all through their life, so children are taught how to put on clothes so they can dress themselves. They learn to dress themselves independently. Not always do their clothes match, but they learn how to dress themselves.

One of the great challenges of life is transitioning from an adolescent to a young adult. During that time one is establishing independence from mom and dad. This phase of life is designed to help one become independent, learning how to make decisions about money, job, friends, education and a variety of other choices. Here is where the challenge comes in. Becoming dependent on God and relying on Him goes against everything we have learned and been taught as children growing up. Dependence is something that doesn't have to be learned. When we are first born, we are naturally dependent. If someone doesn't take care of us, we will die. Most everything is done for us and the struggle we face is to move away from depending on others in order to do for ourselves.

I. Worry leaves in the place of dependence.

It is in the place of dependence on God that we realize we don't have to worry. It is that place where God is the one who cares about our needs and gives His full attention to the details of our life. "Give us this day our daily bread..." These words from the Lord's Prayer are beautiful and inspiring, but truly following them can lead to a terrifying place in our spiritual journey; the place of absolute dependence on God. We put ourselves in a position of trust, in a place of dependence, a place of reliance.

Just ask the Israelites. Living on manna in the desert had to be scary. They couldn't gather more than they needed or save any of it for later. Their bread was supplied one day at a time. Every morning they had to trust that God had provided what He promised—the exact amount of manna needed for that day's survival. Can you imagine? Every day their lives depended on a miracle from God. This is the kind of daily dependence that transforms wandering believers into great people of God.

Dependence on God is the attitude which says in all things, "I need God". This attitude is something that is fostered in prayer. Prayer is talking and connecting to the Almighty, the Creator of the universe, the ONLY Savior, the King of Kings and the Lord and Lords and inviting Him to get involved in everything that concerns us. We need to learn to pray much in the Spirit. Yet, even in our ability to pray, we have to depend on the Holy Spirit to be successful. **Romans 8:26 - Likewise the Spirit also helps in our weaknesses. For we do not know what we should pray for as we ought, but the Spirit Himself makes intercession for us with groanings which cannot be uttered.**

II. What does a life of dependence look like?

A. A life of dependence is close to God.

Jer.30:21 ó í Who is he who will devote himself to be close to me?

You cannot depend on others without being close to them. Babies and children depend on their parents or guardian to care for them. As a result, there is a bond and a closeness that develops from the dependent relationship. The care includes protecting and providing. As one matures and understanding grows, an appreciation for all the things that were provided in that dependent state also grows. If you want to grow your relationship with God, become more dependent on Him.

B. A life of dependence includes being obedient to God.

John 14:15 ó If you love me you will obey what I command.
1 Jn.3:18 ó í Let us not love with words or tongue, but with actions and in truth.

Jesus is the prime example of one who was obedient to God. He did what God told Him to do, He went where God told Him to go and He spoke what God told Him to say. The impact of Jesus' life was so dynamic because He was obedient to His Father.

It should be understood that in the dependent relationship, the expectation is to obey. You will not understand everything that you might be asked to do. When I was a child, I didn't understand why I couldn't cross the street without holding mom or dad's hand. It was a protection thing, because as a child I was impetuous and active and would have doubtless run across the street with disregard to oncoming traffic.

We, as followers of Christ, may not always understand why He may guide us through His word to follow a principle; we may be impetuous in our spiritual life and not see the dangers of moving beyond those parameters.

C. A life of dependence is a life of meaning and impact. [John 15:4-5](#) ó Remain in me and I will remain in you. No branch can bear fruit by itself; it must remain in the vine. Neither can you bear fruit unless you remain in me. I am the vine, you are the branches. If a man remains in me and I in him, he will bear much fruit; apart from me you can do nothing. The life and power of God has to flow through us to make us productive followers, to cause us to bring fruit. God uses us, and it is a joy for God to do so, but we have to realize that He is the power behind us. He is the resource of life and without Him; nothing would happen to us or through us.

III. Daniel: an example of one dependent on God.

Let's take a few minutes to look at Daniel's life. He was a man who was close to God; he obeyed God and his life had meaning and impact on others. Daniel's experience was incredible. It was orchestrated by God and there is no mistaking that Daniel didn't worry about things because he knew God would not ignore those who depend on Him.

Conclusion:

This week the challenge will be to move into a more dependent position with God. That takes some relearning, some weakening of my own adequacy, so I can rely more on God. It may mean intentionally getting closer to God, becoming more obedient to God or allowing God to make my life more meaningful and one of impact.

The account is found in [Daniel 6:1-28](#). Daniel had exceptional qualities ó [Verse 3](#) ó [4](#)

The other leaders tried to find grounds to discredit Daniel in his conduct of governmental affairs but they were unable to do so:

- Daniel was trustworthy.
- They could find nothing wrong with his conduct.
- They could not find any negligence.
- They could not find any corruption.

In the scheme of things, these individuals took aim at Daniel's character and sterling devotion to God. They tried to use that against him and came up with a plan that they thought would end Daniel's life. When Daniel found out about the plan, he didn't worry. It didn't change his lifestyle; it didn't change his behavior or his focus. He kept on doing what he had done and trusting God to take care of all the details of his life. He literally depended on God to protect him in a very dangerous situation. The lions were waiting and because Daniel broke the law of man, he was subject to the consequences of spending time in the lion's den. The way he trusted God and did not worry about the outcome is amazing to me. The confidence and dependence he had on God's power and ability is so evident in the story. [Verse 22-23](#) ó Not a scratch was found on him, for he trusted in his God.