

# The Problem of Worry

## Introduction.

1. Today we will look at the problem of worry.
2. Worry is one of the biggest problems of our age.
  - a. This century may go down in history as "The Age of Anxiety."
  - b. Despite all our advances and creature comforts many constantly worry about one thing or another.
  - c. Martha has many brothers and sisters in our time. (Lk. 10:41, 42).

Luke 10:41 But the Lord answered and said to her, "Martha, Martha, you are worried and bothered about so many things;

Luke 10:42 but {only} one thing is necessary, for Mary has chosen the good part, which shall not be taken away from her."

## Definition Of Worry

1. The word "worry" or "anxious" occurs several times in the New Testament and was used by Jesus in Matthew 6:25, 31, 34.
2. This word comes from the Greek "merimnao" [meh rim **nah** oh] meaning "to be anxious, to worry."
  - a. It is a feeling or attitude of not trusting God.
  - b. It is a state of anxiety and fretting.
  - b. Instead of distrusting God, we are to ask God for help. (Phil. 4:6).

Phil 4:6 Be anxious for nothing, but in everything by prayer and supplication with thanksgiving let your requests be made known to God.

3. The believer trusts God will take care of his needs. (Psa. 37:25; Matt. 6:33; Phil. 4:19).

Ps 37:25 I have been young and now I am old, Yet I have not seen the righteous forsaken Or his descendants begging bread.

Matt 6:33 "But seek first His kingdom and His righteousness, and all these things will be added to you.

Phil 4:19 And my God will supply all your needs according to His riches in glory in Christ Jesus.

4. Avoiding worry does not mean we are unconcerned, and never give any thought or planning to life's activities.
5. This is not what the Bible teaches about how to deal with life and its problems and activities.

## Different Kinds Of Worry

1. People worry about things that have already happened.
  - a. This is as futile as trying to saw sawdust.
  - b. Worrying about the past is like trying to put the toothpaste back in the tube.
  - c. Past deeds cannot be undone and past words cannot be unsaid.
  - d. If the past involves sin, obey the conditions of pardon and let God abundantly forgive. (Isa. 55:7).

Is 55:7 Let the wicked forsake his way And the unrighteous man his thoughts; And let him return to the LORD, And He will have compassion on him, And to our God, For He will abundantly pardon.

- e. As a part of repentance, restitution should be made when possible.
2. People worry about things that will never happen.
  - a. How futile! What a waste of time!
  - b. Mark Twain said, "I have worried over a great many things in life, the most of which never happened."
  - c. Most of the things we worry about will never happen, and if they do, worry will not prevent them from occurring.
3. People worry over things that will inevitably happen.
  - a. Again this is very futile!
  - b. Some people worry about their children marrying and some worry they will not marry and leave .
  - c. Some people worry about dying and oddly some worry they will live too long.
  - d. Some people worry about growing old; but grow old they must unless they die young.
  - e. Studies conducted, at various times. reveal that about 40% of the worries of people are over things that never happen, 30% are over the past and things that cannot be changed, 22% are over petty and needless worries, and only 8% are over things legitimate.
  - f. It is much better to spend our time in prayer, study, meditation and useful activity.

## Sin Of Worry

1. Worry is sin because it spurns God's commandment. (Matt. 6:25, 31, 34; Phil. 4:6).

Matt 6:25 "For this reason I say to you, do not be worried [anxious] about your life, {as to} what you will eat or what you will drink; nor for your body, {as to} what you will put on. Is not life more than food, and the body more than clothing?"

Matt 6:31 "Do not worry [be anxious] then, saying, 'What will we eat?' or 'What will we drink?' or 'What will we wear for clothing?'

Matt 6:34 "So do not worry [be anxious] about tomorrow; for tomorrow will care for itself. Each day has enough trouble of its own"

Phil 4:6 Be anxious for nothing, but in everything by prayer and supplication with thanksgiving let your requests be made known to God.

- a. This commandment warning against worry is as essential as any other commandment.
  - b. Yes, the Lord commands us not to worry, but He does not forbid us to give any thought for tomorrow.
  - c. The KJV rendering of Matthew 6:25 is incorrect and misleading. See give "give no thought"
  - d. The wise person gives thought to the future.
    - 1) A farmer who wants a crop must plant seed.
    - 2) A contractor who wants to start a house in the morning must have a blueprint and materials and workers.
    - 3) A person who wants a paycheck must work.
    - 4) A student who does not study is doomed not to do well on a test.
2. Worry is sin because it impairs health.
- a. "She's worrying herself sick" is most often true.
  - b. Headaches, hives, fatigue, asthma, high blood pressure, stomach ulcers and a host of other illnesses can be caused by worry.
3. Worry is sin because it robs one of joy, happiness and peace.
- a. Many wake up happy with much to be joyful about, but then they begin to worry.
  - b. See Phil. 4:4; 1 Thess. 5:16; Prov. 17:22.
4. Worry is sin because it is prohibitive against prayer being answered.
- a. For our prayers to be answered we must ask in faith (Jas. 1:5,6; Mk. 11:24; Heb. 11:6).

James 1:5 But if any of you lacks wisdom, let him ask of God, who gives to all generously and without reproach, and it will be given to him.

James 1:6 But he must ask in faith without any doubting, for the one who doubts is like the surf of the sea, driven and tossed by the wind.

Mark 11:24 "Therefore I say to you, all things for which you pray and ask, believe that you have received them, and they will be {granted} you.

Heb 11:6 And without faith it is impossible to please {Him,} for he who comes to God must believe that He is and {that} He is a rewarder of those who seek Him.

- b. Worry is distrust of God.

- c. We must not be like the man who prayed to God for protection throughout the night; and, then stayed up all night to see if He would.

**Note:**

1. Refraining from “worry” is not a plea for idleness or indifference.
2. God has no use for the lazy and never encourages laziness. See 2 Thess. 3:10; 1 Cor. 15:58.
3. Even the birds of the heavens are diligent, but sing as they search for their daily food.

### **Overcoming Worry**

1. We must have absolute **trust in God** (Matt. 6:25-31; Phil. 4:6).
  - a. When faith weakens, our anxieties form and control us.
  - b. Blessings come to those who trust in God rather than fret in their anxiety. (Jere.17:7,8; Psa. 23:1).

Jer 17:7 "Blessed is the man who trusts in the LORD And whose trust is the LORD.

Jer 17:8 "For he will be like a tree planted by the water, That extends its roots by a stream And will not fear when the heat comes; But its leaves will be green, And it will not be anxious in a year of drought Nor cease to yield fruit.

Ps 23:1 The LORD is my shepherd, I shall not want.

2. **Acceptance of self** prevents worry. (Matt. 6:27).

- a. One cannot change height by worry or add time to life.

- 1) The Greek “helikia” [hay lee **kee** ah] can be used of stature or length of life [age]. (Matt. 6:27; Lk. 12:25,26; 19:3; Jn. 9:21,23; Eph. 4:13; Heb. 11:11).

Matt 6:27 "And who of you by being worried can add a {single} hour to his life? Later edition of NASB has “add a single cubit to his life’s span.”

Luke 12:25 "And which of you by worrying can add a {single} hour to his life's span?"

Luke 12:26 "If then you cannot do even a very little thing, why do you worry about other matters?"

John 9:21 but how he now sees, we do not know; or who opened his eyes, we do not know. Ask him; he is of **age**, he will speak for himself."

John 9:23 For this reason his parents said, "He is of **age**; ask him."

Luke 19:3 Zaccheus was trying to see who Jesus was, and was unable because of the crowd, for he was small in **stature**.

Eph 4:13 until we all attain to the unity of the faith, and of the knowledge of the Son of God, to a mature man, to the measure of the **stature** which belongs to the fullness of Christ.

Heb 11:11 By faith even Sarah herself received ability to conceive, even beyond the proper **time** [age] of life, since she considered Him faithful who had promised.

- 2) Either stature or age makes good sense.

a) One cannot add to his stature by worry. It seems very unlikely, however, that an adult person would want to add 18 inches to his/her height.

b) One cannot add a “cubit” [a step, the least measure of time] to life’s journey.

c) The span of life is sometimes described in terms of measurement. (Psa. 39:5; 2 Tim. 4:7).

Ps 39:5 "Behold, You have made my days {as} **handbreadths**, And my lifetime as nothing in Your sight; Surely every man at his best is a mere breath. Selah.

2 Tim 4:7 I have fought the good fight, I have finished **the course**, I have kept the faith;

d) Worry will not add a year, a month, a day, an hour or even a moment to life.

3) This word occurs several times in the New Testament and usually means “stature,” but it can be used of “age.” (Jn. 9:21; Heb. 11:11).

b. All of us do not have the same talents and we must not worry if we are not as talented as someone else.

c. All cannot be beautiful, brilliant, rich, etc..

3. We must learn to **live a day at a time**. (Matt. 6:34).

Matt. 6:34 "So do not worry about tomorrow; for tomorrow will care for itself. Each day has enough trouble of its own."

a. Jesus warned we must not be anxious about tomorrow.

b. He indicated each day has enough trouble of its own.

4. We must **cast our burdens on Jehovah**. (Psa. 55:22; 1 Pet. 5:7).

Psa. 55:22 Cast your burden upon the LORD and He will sustain you; He will never allow the righteous to be shaken.

1 Pet 5:7 casting all your anxiety on Him, because He cares for you.

5. **Faith in Christ** helps prevent worry. (Phil. 4:13).

Phil 4:13 I can do all things through Him who strengthens me.

a. This faith is not merely an academic faith.

b. It is submitting one’s life to the Lord Jesus.

c. It is putting one’s full trust in the Lord.

6. Realizing worry is a **bad habit**.

a. One man worried because he had forgotten what he was supposed to worry about.

b. Worry is a habit that can be broken, but it may be difficult.

- c. It can be an addiction.
7. Realize it is **futile to worry about things we cannot change**.
    - a. We should not worry about things we cannot change.
    - b. We should not worry about things we can change.
  8. **Planning and making preparation** helps overcome anxiety.
    - a. Battles are won by planning and preparation.
    - b. Plan the work and work the plan - then there will not be so much to worry about.

### **Quotes Showing The Folly Of Worry**

- Worrying is like a rocking chair, it gives you something to do, but it gets you nowhere. ~Glenn Turner
- People gather bundles of sticks to build bridges they never cross. ~Author Unknown
- Today is the tomorrow we worried about yesterday. ~Author Unknown
- Worry never robs tomorrow of its sorrow, it only saps today of its joy. ~Leo Buscaglia
- If you want to test your memory, try to recall what you were worrying about one year ago today. ~E. Joseph Cossman
- For peace of mind, resign as general manager of the universe. ~Author Unknown
- A hundredload of worry will not pay an ounce of debt. ~George Herbert
- There are two days in the week about which and upon which I never worry... Yesterday and Tomorrow. ~Robert Jones Burdette
- A day of worry is more exhausting than a day of work. ~John Lubbock
- Blessed is the person who is too busy to worry in the daytime and too sleepy to worry at night. ~Author Unknown
- Do not be afraid of tomorrow; for God is already there. ~Author Unknown
- Every evening I turn my worries over to God. He's going to be up all night anyway. ~Mary C. Crowley

### **Conclusion.**

1. We may never overcome all worry especially fleeting moments of worry that involuntarily enter our minds.
2. We can keep anxiety from dominating and destroying our thoughts and lives by trusting God.

"Scripture taken from the NEW AMERICAN STANDARD BIBLE®,  
© Copyright 1960, 1962, 1963, 1968, 1971, 1972, 1973, 1975, 1977, 1995 by The Lockman Foundation  
Used by permission." ([www.Lockman.org](http://www.Lockman.org))

