

WORRY: THIEF OF HEALTH AND HAPPINESS
Matthew 6:24-34

introduction:

1. Our age has been called “the age of anxiety!”
2. Like Martha, many of us are “worried and troubled about many things” (Luke 10:41).
 - a. If unemployed, we worry because we don’t have a job; if employed, we worry we might lose our job.
 - b. If we don’t have a car, we worry how we are going to get around; if we have a car, we worry about it breaking down.
 - c. One worrier said: “I have so many troubles that if something bad comes up, it will be at least two weeks before I can get around to worrying about it.”
3. “Worry” comes from an old English word which means “to strangle;” worry strangles our health and happiness.
4. Studies show the uselessness of worrying:
 - a. 40% of the things we worry about never happen.
 - b. 30% of what we worry about are things in the past which cannot be changed.
 - c. 20% of our worries are over things of no real importance.
 - d. Less than 10% of our worries are of things of real concern.
5. As Christians, we need to take heed to Jesus’ words: “Do not worry!”

Discussion:

- I. WHAT DO PEOPLE WORRY ABOUT?
 - A. Many worry about things which happened in the past.
 1. We fret over opportunities lost, or deeds which we regret.
 2. Past deeds cannot be undone any more than toothpaste can be put back into the tube.

3. If haunted by the guilt of sin, seek forgiveness.
 - a. J. M. McCaleb stole a watermelon as a boy; years later, he wrote to apologize and enclosed a dime.
 - b. God will forgive if we repent and confess (1 Jn. 1:9).
 - c. We must then forgive ourselves.

B. Many worry about things which cannot be helped.

1. We worry about growing old, but nothing can be done to change it - unless we die.
2. We worry about dying but death comes to everyone (Hebrews 9:27).

C. We worry about things which may never happen.

1. This is known as “borrowing trouble.”
2. Mark Twain said: “I have worried over a great many things in life, the most of which never happened.”

II. WHY IS IT FOOLISH TO WORRY?

A. Worry is disobedience to God!

1. Jesus said: “Do not worry...” (Matthew 6:25, 31, 34).
2. Paul wrote: “Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God” (Philippians 4:6).

B. Worry is worthless!

1. One’s time and energy are better spent in prayer, Bible reading and meditation.
2. “Worry is like a rocking chair; it gives you something to do, but it won’t get you anywhere.”

C. Worry is bad for your health!

1. Have you heard someone say, “I’m worried sick?”

2. **Fatigue, hives, edema, asthma, high blood pressure, ulcers, and various mental, nervous and emotional diseases may be caused by worry (Dr. S. I. McMillan, None of These Diseases, pages 90-93).**

D. Worry robs us of happiness and peace of mind.

1. **The conclusion of Philippians 4:6 says: "... and the peace of God, which surpasses all understanding, will guard your hearts and minds through Jesus Christ" (Phil. 4:7).**
2. **An old hymn says: "O what peace we often forfeit; O what needless pain we bear, all because we do not carry, everything to God in prayer" ("What A Friend We Have in Jesus").**

III. WHAT DID THE LORD SAY ABOUT WORRY?

A. Worry is unnecessary.

1. **God knows all our needs: "For your Heavenly Father knows that you need all these things" (Matthew 6:32).**
2. **God loves us and has promised to take care of us.**
3. **If we can't trust God, we cannot trust anyone or anything!**

B. Worry is a basic lack of faith in God.

1. **If God feeds the birds and clothes the lilies, He will care for His children.**
2. **What father would feed his chickens, but allow his children to starve (Matthew 6:26,30)?**

C. Worry is forbidden by the Lord.

1. **He said three times: "Do not worry" (Matthew 6:25,31,34).**
2. **This means it is a sin to worry (1 John 3:4).**

IV. HOW CAN I STOP WORRYING?

- A. Simply make up your mind that you are not going to worry.**
- 1. Proverbs 23:7: “For as he thinks in his heart, so is he.”**
 - 2. A little girl was sad one day and happy the next; she explained: “Yesterday I let my thoughts push me around; today I pushed them around.”**
- B. Count your blessings.**
- 1. An old song says: “When upon life’s billows, you are tempest tossed; when you are discouraged thinking all is lost; count your many blessings; name them one by one; and it will surprise you what the Lord has done.”**
 - 2. Remember that “we are more than conquerors through Him Who loved us” (Romans 8:37).**
- C. Do your best and then leave it in God’s hands.**
- “Therefore, humble yourselves under the mighty hand of God, that He may exalt you in due time, casting all your care upon Him for he cares for you” (1 Peter 5:6,7).**
- D. Seek the kingdom of God first.**
- “Seek first the kingdom of God and His righteousness, and all these things shall be added to you” (Matthew 6:33).**
- E. Learn to live one day at a time.**
- “Therefore, do not worry about tomorrow, for tomorrow will worry about its own things. Sufficient for the day is its own trouble” (Matthew 6:34).**

Conclusion:

- 1. We can journey with joy to our Heavenly home for God is our Father.**
- 2. Come to Jesus so eternal life can be yours (Mark 16:15,16).**

