

## Dealing with Worry

### Matthew 6:25-34

<sup>25</sup>Therefore I say unto you, Take no thought for your life, what ye shall eat, or what ye shall drink; nor yet for your body, what ye shall put on. Is not the life more than meat, and the body than raiment?

<sup>26</sup>Behold the fowls of the air: for they sow not, neither do they reap, nor gather into barns; yet your heavenly Father feedeth them. Are ye not much better than they?

<sup>27</sup>Which of you by taking thought can add one cubit unto his stature?

<sup>28</sup>And why take ye thought for raiment? Consider the lilies of the field, how they grow; they toil not, neither do they spin:

<sup>29</sup>And yet I say unto you, That even Solomon in all his glory was not arrayed like one of these.

<sup>30</sup>Wherefore, if God so clothe the grass of the field, which to day is, and to morrow is cast into the oven, shall he not much more clothe you, O ye of little faith?

<sup>31</sup>Therefore take no thought, saying, What shall we eat? or, What shall we drink? or, Wherewithal shall we be clothed?

<sup>32</sup>(For after all these things do the Gentiles seek:) for your heavenly Father knoweth that ye have need of all these things.

<sup>33</sup>But seek ye first the kingdom of God, and his righteousness; and all these things shall be added unto you.

<sup>34</sup>Take therefore no thought for the morrow: for the morrow shall take thought for the things of itself. Sufficient unto the day is the evil thereof." Matthew 6:25-34

#### Poem:

As children bring there broken toys  
With tears for us to mend,  
I brought my broken dreams to God  
Because He was my friend  
But then, instead of leaving Him  
In peace to work alone,  
I hung around and tried to help  
With ways that were my own  
At last I snatched them back and cried,  
"How can you be so slow?"  
"My child," He said, "What could I do?  
You never did let go." -- Unknown Author

Death was walking toward a city one morning and a man asked, "What are you going to do?" "I'm going to take 100 people." Death replied. "That's horrible!" the man said. "That's the way it is." Death said. "That's what I do." The man hurried to warn everyone he could about Death's plan. As evening fell, he met Death again. "You told me you were going to take 100 people," the man said. "Why did 1,000 die?" "I kept my word," Death responded. "I only took 100 people. Worry took the others."

Dr. Charles Mayo, the founder of the Mayo Clinic, wrote this about worry: "Worry affects the circulation, the heart, the digestive system, and the entire nervous system. I've never known a person to die of overwork, but many who died from worry."

Our English word "worry" is derived from the old German word "worgen," meaning "to choke." The term has come to be used to denote "mental strangulation" to describe the harmful effects of worry.

Someone has said that, "Worry doesn't empty tomorrow of its sorrow; it empties today of its strength." Worry robs us of things that are important in life. We lose our joy, our energy, our peace, and at times, even our health. Worry keeps us from enjoying what we have.

*“<sup>25</sup>Therefore I say unto you, Take no thought for your life, what ye shall eat, or what ye shall drink; nor yet for your body, what ye shall put on. Is not the life more than meat, and the body than raiment?”*

Worry focuses our attention on what we do not have. As a result we miss out on the enjoyment of things we have been provided with. Worry makes us forget that God cares for us greatly.

*“<sup>26</sup>Behold the fowls of the air: for they sow not, neither do they reap, nor gather into barns; yet your heavenly Father feedeth them. Are ye not much better than they?”*

Worry makes us forget that God is not the birds' Heavenly Father - He is ours. If God will care for the fowls of the air He certainly will meet our needs. Worry is completely useless.

*“<sup>27</sup>Which of you by taking thought can add one cubit unto his stature?”*

By this verse, we see that there are some things in life that we simply cannot change and all the worrying in the world will not make any difference.

*“<sup>30</sup>Wherefore, if God so clothe the grass of the field, which to day is, and to morrow is cast into the oven, shall he not much more clothe you, O ye of little faith? <sup>31</sup>Therefore take no thought, saying, What shall we eat? or, What shall we drink? or, Wherewithal shall we be clothed? <sup>32</sup>(For after all these things do the Gentiles seek:) for your heavenly Father knoweth that ye have need of all these things.”*

“I have been young, and now am old; yet have I not seen the righteous forsaken, nor his seed begging bread.” Psalms 37:25

God's love for man motivates Him to care for those who walk with Him. Romans 8:38-39 reminds us that nothing can separate us from the love of God in Christ Jesus.

*“<sup>38</sup>For I am persuaded, that neither death, nor life, nor angels, nor principalities, nor powers, nor things present, nor things to come, <sup>39</sup>Nor height, nor depth, nor any other creature, shall be able to separate us from the love of God, which is in Christ Jesus our Lord.” Romans 8:38-39*

Worry makes us forget about that promise. If we focus on what is most important, God will take care of meeting all of our needs.

*“<sup>33</sup>But seek ye first the kingdom of God, and his righteousness; and all these things shall be added unto you. <sup>34</sup>Take therefore no thought for the morrow: for the morrow shall take thought for the things of itself. Sufficient unto the day is the evil thereof.”*

We are to seek God and His righteousness and live right before Him; that is our first priority. Let each day's trouble be enough for that day. I know that we all have heard it said, but it is a Biblical truth, that tomorrow will take care of itself. We have enough to handle for today.

*“<sup>34</sup>Take therefore no thought for the morrow: for the morrow shall take thought for the things of itself. Sufficient unto the day is the evil thereof.”*

You may be saying to yourself, “what do I need to do?” We need to claim the presence of God in our life. Faith in God for salvation. Faith in God for our day to day walk with Him. Stay in the Word of God and learn of His faithfulness. It is essential that we always maintain communication with God.

*“<sup>6</sup>Be careful for nothing; but in every thing by prayer and supplication with thanksgiving let your requests be made known unto God. <sup>7</sup>And the peace of God, which passeth all understanding, shall keep your hearts and minds through Christ Jesus.”* Philippians 4:6-7

While we maintain communication with our Father, God's communication to us is the answer to our prayers.

We can choose to worry and fret over things that are out of our control or we can exercise faith in God. We can all be overcomers by putting our trust in HIM.

*“<sup>22</sup>And Jesus answering saith unto them, **Have faith in God.**”* Mark 11:22

*“<sup>7</sup>For God hath not given us the spirit of fear; but of power, and of love, and of a sound mind.”*  
II Timothy 1:7 ✝