

# Worrying about worrying-Pastor Larry

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Over 100 diseases have been directly attributed to worry! Worry will not only take away your physical energy, it will also rob the soul of its stamina as well. One elderly lady said, "I always feel bad when I feel good, for I know that I'll feel bad after awhile!"

What is worry? The word refers to "a troubled state of mind resulting from concern about current or potential difficulties." It comes from an Old English word that means "to strangle". It was used to refer to the practice of wolves killing sheep by biting them around the neck, thus strangling their prey to death.

This is literally what worry does in your life. It will strangle you physically and spiritually. Worry will choke the life right out of you!

## **Proverbs 12:25 (KJV)**

<sup>25</sup> Heaviness in the heart of man maketh it stoop: but a good word maketh it glad.

## **Proverbs 12:25 (MSG)**

<sup>25</sup> Worry weighs us down; a cheerful word picks us up.

"Worry is the interest we pay on tomorrow's troubles."

"Worry pulls tomorrow's cloud over today's sunshine."

"Worry gives a small thing a big shadow."

## **I. Philippians 4:6-8**

<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. <sup>8</sup> Finally, brethren, whatsoever things are true, whatsoever things *are* honest, whatsoever things *are* just, whatsoever things *are* pure, whatsoever things *are* lovely, whatsoever things *are* of good report; if *there be* any virtue, and if *there be* any praise, think on these things.

## **A. Sermon on the Mount- Matthew 6:25-34**

Jesus spoke about anxiety in the Sermon on the Mount, where he stated the most common causes of anxiety. They are:

1. Things that pertain to LIFE (vs 25) your desires about life, food and drink (v. 31); emotional
2. Things that pertain to BODY- physical attributes (v. 27); clothing (v. 28);
3. Things that pertain to FUTURE (v. 34)

**Luke 12:22-26 (HCSB)**

- <sup>22</sup> Then He said to His disciples: “Therefore I tell you, don’t worry about your life, what you will eat; or about the body, what you will wear.
- <sup>23</sup> For life is more than food and the body more than clothing.
- <sup>24</sup> Consider the ravens: They don’t sow or reap; they don’t have a storeroom or a barn; yet God feeds them. Aren’t you worth much more than the birds?
- <sup>25</sup> Can any of you add a cubit to his height by worrying?
- <sup>26</sup> If then you’re not able to do even a little thing, why worry about the rest?

**B. Prayer Cures Anxiety- V-6 prayers, petitions with thanksgiving**

Prayer cures anxiety. Here three words describe prayer. Each contributes to a proper understanding of the comprehensive nature of the prayer life. The point, however, is that prayer relieves the problem of anxiety. The center of the verse is the significant part: Prayer is to be offered “with thanksgiving.” The attitude of gratitude accompanies all true approaches to the Father.

Practicing the presence of God- Psalm 23- Thou art with me

**C. The answer to anxiety is the peace of God- vs. 7 his peace passes understanding**

Peace is tranquility of the soul, a mind blowing experience

**Isaiah 26:3 (KJV)**

<sup>3</sup> Thou wilt keep *him* in perfect peace, *whose* mind *is* stayed *on thee*: because he trusteth in thee.

**Dwelling on his bigness**

**D. Entering God’s Rest- Hebrews 4:9-11**

<sup>9</sup> There remaineth therefore a rest<sup>c</sup> to the people of God. <sup>10</sup> For he that is entered into his rest, he also hath ceased from his own works, as God *did* from his.

<sup>11</sup> Let us labour therefore to enter into that rest, lest any man fall after the same example of unbelief

**Grace VS. Works-** Romans 5:1-3, Rom. 4:1-8, “Not redeemed by works”

**E. Think on these things- vs-8**

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## II. Conclusion

### It's a faith thing

Although the calendar says that there are seven days in the week, there are really only three. Two of them should never cross our minds in worry. One of them is yesterday, and it can never be changed. The other is tomorrow and no man holds the power to affect tomorrow. Today is really the only day we have and with God's help, we can face anything that arises, Phil. 4:13.

#### **Philippians 4:13 (KJV)**

<sup>13</sup> I can do all things through Christ which strengtheneth me.

worry is like a rocking chair, it keeps you busy, but it doesn't get you anywhere!

#### **Story:**

Years ago, in the pioneer days of aviation, a pilot was making a flight around the world. After he had been gone for some two hours from his last landing field, he heard a noise in his plane, which he recognized as the gnawing of a rat. He realized that while his plane had been on the ground a rat had gotten in. For all he knew the rat could be gnawing through a vital cable or control of the plane. It was a very serious situation. He was both concerned and anxious. At first he did not know what to do. It was two hours back to the landing field from which he had taken off and more than two hours to the next field ahead. Then he remembered that the rat is a rodent. It is not made for the heights; it is made to live on the ground and under the ground. Therefore the pilot began to climb. He went up a thousand feet, and then another thousand and another until he was more than twenty thousand feet up. The gnawing ceased. The rat was dead. He could not survive in the atmosphere of those heights. More than two hours later the pilot brought the plane safely to the next landing field and found the dead rat.

1Peter 5:7 Casting the whole of your care [all your anxieties, all your worries, all your concerns, once and for all] on Him, for He cares for you affectionately *and* cares about you watchfully. AMP

“According to the Bible, there is nothing wrong with realistically acknowledging and trying to deal with the identifiable problems of life. To ignore danger is fooling and wrong. But it is also wrong, as well as unhealthy, to be immobilized by excessive worry. Such worry must be committed to prayer to God, who can release us from paralyzing fear or anxiety, and free us to deal realistically with the needs and welfare both of others and of ourselves.” (Dr. Gary R. Collins, Christian Counseling, p. 66.)

**Some general, common sense suggestions for those weighed down with fear, anxiety or worry...** <http://www.christiananswers.net/q-eden/anxiety.html>

**SIN IN YOUR LIFE** - Sometimes fear and anxiety are the result of one's own sin and guilt. If you have committed a sin or done anything evil, your fear and anxiety is probably God and your own conscience trying to get your attention. You need to repent, confess your sin, seek God's forgiveness, and set it right.

**SLEEP** - Humans generally need 8 or 9 hours of sleep per day. Sleep deprivation can increase anxiety. Get enough rest. If you cannot sleep, you may need to seek God's help and perhaps that of a physician.

**BE MORE REALISTIC** - Many people are worried and anxious about events that will never actually will happen to them. Relax. Focus on today. Take life one day at a time.

**LISTEN** to relaxing, soothing music. There is some great Christian music available that can help you focus on God and leave your fears and worries behind. It may also help to listen to good Christian speakers and teachers.

**FUN** - If at all possible, do something that you enjoy. It is good to get some recreation on a regular basis. Take a break. Get your mind off your fears and worries, and have some fun.

**TALK** to someone. Don't hold all the anxiety inside. It can be a big relief to share your fears and worries with someone else—a friend, relative, pastor or counselor. If fear and anxiety is an ongoing problem in your life, schedule a regular time each week to talk with someone.

**TAKE ACTION** - If there is something practical and wise that you can do to alleviate the problem or avoid needless danger, take action. Don't put it off. Procrastination will generally raise your anxiety level.

**EXERCISE** - Medical studies show that exercise can help lower anxiety. If you are healthy enough to exercise, try it. Regular brisk walks, running, swimming or other exercises can be a real stress reducer.

**PROFESSIONAL HELP** - There are various organizations which provide help for people with anxiety attacks, including the Midwest Center for Stress and Anxiety ([stresscenter.com](http://stresscenter.com)) which provides self-help. You can search for information and assistance on the Web using keywords such as: anxiety, panic attacks, agoraphobia. You should be able to find local help by consulting you pastor or physician.