

ARE YOU WORRIED SICK?

You Can Win the War Over Worry

Someone did a study about what the average person worries about. They found that 40% of what people worry about never happens at all. And 30% of what people worry about has *already* happened—you can't do anything about it. Worry over what others say about you accounts for 12%—and most of it is untrue. Finally, according to this survey, 10% of worry deals with your health—and worrying over that will only make it worse!

This leaves about 8% of the things we worry about that qualify as real problems—and worry will not do any good with these, either!

Why is it that we worry about a lot of things that either aren't going to happen or already have happened?

At the root of our worries is our conception—or misconception—of God Himself. We need to see what God has to say about this. From Jesus Himself comes this:

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? 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? (Matt 6:25-26)

1. Turn to Matthew 6: 25, the heart of the Sermon on the Mount. “Digging deeper” into this passage, first we must realize...

HOW MUCH WE ARE VALUED BY THE FATHER

In Matthew 6:25, Jesus says God regularly feeds _____

2. Look now at Matthew 10:29. Jesus added, “*Two sparrows are sold for a _____ . And not one of them shall fall to the ground without _____ .*”
3. Now view a related passage, Luke 12:6-7, that compares your value to these creations of God: “*Are not five sparrows sold for two farthings, and not one of them is _____ ? But even the very _____ of your _____ are all numbered. Fear not therefore: ye are of more value than many sparrows.*”
 - a. You are created *in the image of God*; all the sparrows in the world cannot equal your worth. “*Yet your heavenly Father _____ them.*”
Matthew 6:26

b. Jesus is using understatement here when He says you are “*of more value than _____ sparrows.*” Here’s the logic of our Lord: if God Almighty takes care of the birds, and you’re so much better than a bird, isn’t He going to take care of you? What farmer would feed his barnyard chickens and starve his beloved children?

He knows things about you that even *you* don’t know about you—like the number of hairs on your head. You think He doesn’t understand. You don’t understand how much He *does* understand.

c. Have you ever felt “forgotten before God?” Write down here what the circumstances were when you felt forgotten _____

d. As you think about that time, did God actually forget you, or did something happen that, upon reflection, tells you He was there? Jot down w

Jesus Christ wants you to understand that you cannot go hungry, you cannot be in need, you cannot “fall to the earth” without your heavenly Father being totally aware of your circumstances.

4. In verse 28 of Matthew Chapter 6, our lives are now contrasted with the _____ of the field. The beauty of these creations is spectacular, yet under the best circumstances they last only a few days. Jesus wants us to realize that if God takes such care with perishable flowers, He will _____ (finish this thought).

5. Verse 27 stresses that all the worrying in the world will not add _____. The word “stature” here doesn’t refer to height but is actually the word for “lifespan.” Many translations say it this way: “And who of you by being worried can add an hour to his lifespan?” Worry won’t lengthen your life. You can worry yourself to death, but you can’t worry yourself to a longer life.

A CLOSER LOOK AT MATTHEW 6:25—“Take No Thought”

*“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?”*

Is Jesus telling us not to plan for the future? Give no thought to our physical needs? Throw away your grocery list? No. God doesn’t disparage planning ahead, and He doesn’t honor a flippant attitude about providing for tomorrow.

In fact,

- the Bible uphold the ant as an example of wisdom—for in summertime it stores away food for the winter.
- The Bible teaches the law of sowing and reaping and tells us to pay attention to it.

Jesus is not saying, “Don’t make provision for tomorrow.” The word “thought” in this sentence actually translates “worry.”

Thus Jesus is saying, “**take no anxious thought or worry** for the needs of your life. It’s not *foresight*, but *foreboding* that He tells us not to do.

We’re not to pull tomorrow’s clouds over today’s sunshine.

GOD’S PART—OUR PART

God feeds the birds, but He doesn't throw it in the nest. The birds must work. The early bird does what? Goes out and gets the worm. The Lord is not saying not to work; He’s saying don't worry.

Life throws us curves every day. If worrying gets us nowhere, then what do we do?

YOU CAN WIN THE WAR OVER WORRY

³⁰*Wherefore, if God so clothe the grass of the field, which today is, and tomorrow is cast into the oven, shall He not much more clothe you, O ye of little faith?*

³¹*Therefore take no thought, saying, What shall we eat? or, What shall we drink? or, Wherewithal shall we be clothed?*

³²*(For after all these things do the Gentiles seek:) for your heavenly Father knoweth that ye have need of all these things. Matthew 6:30-32*

6. The one speaking here is _____.

7. He’s speaking to _____.

8. In verse 32, Jesus describes God as your _____ly _____.

9. Name two things a father does for his children:

10. (v. 32) The Father knows _____

11. In verse 30, Jesus says the Father will _____

The implication is that this is not limited to clothing, but encompasses every need of life.

12. *“For after all these things do the Gentiles seek...”* (v. 32). “Gentiles” means people of the world, those who don’t know Jesus. Our Lord is saying that when you worry, you’re living like _____. It’s faithless. *“O you of little faith,”* you’re thinking like the world, not like someone who has a heavenly Father.

13. *“In hope of eternal life, which God, who cannot lie, promised before the world began....”* (Titus 1:2) This verse says God cannot _____

14. If in Matthew 6 God is a Father who has promised to take care of you, and in Titus He has said He cannot lie, what challenge/decision lies before you?

We have a choice: we can choose to take God at His word and believe, or live in fear, choosing not to trust Him.

WORRY IS A WOUND IN THE HEART OF GOD

“All things work together for good to those who love God, who are the called, according to His purpose.” Romans 8:28

Do you know what an insult worry is to God? Worry points a finger in the face of God and says of Matthew 6 and Romans 8:28, “No, God, that’s a lie. God, You don’t feed and clothe Your own children.” Worry denies the providence of God.

THE CURE FOR WORRY

“Trust in the LORD, and do good; so shalt thou dwell in the land, and verily thou shalt be fed. Delight thyself also in the LORD: and He shall give thee the desires of thine heart. Commit thy way unto the LORD; trust also in Him; and He shall bring it to pass...Rest in the Lord...”
Psalm 37:3-7

The cure is not just pop psychology. Our Lord gives us a very real, practical, down-to-earth way to **win in the war with worry.**

15. *“Trust in the Lord...”*

This is simple, but not necessarily easy! Read again Matthew 6:32.

“...your heavenly Father _____ that ye have need of these things.”
You don’t have a need in your life but what Someone who loves you so incredibly that

He gave His Son, the Lord Jesus, to die for you knows all about it. You “simply” trust in the Lord.

Look at Psalm 103:14. “He _____ our frame, He _____ that we are dust.” The God who designed you knows how much you can bear. He knows your frame.

16. “...And do good...”

See Matthew 6:33. “Seek ye *first* the _____ of _____ and His righteousness, and _____ these _____ will be _____ unto _____.”

You say, “I lost my job!” Well, what are you doing about it? “I’m just sitting around the house!” Well, quit it! Get out there and do something, because you’re trusting God to provide! God wants to prove Himself to you.

17. “...Delight Yourself in the Lord...”

Do you want to have a life of joy? Then put your faith in Someone who cannot be shaken: the Lord! God isn’t finished with you until you find your greatest joy in Him alone. Read this next the sentence very slowly: God is going to keep giving you this test until you pass it. He doesn’t flunk anybody out. And so, if you don’t pass this time, He’ll just take you through it again until you learn to find your greatest joy in Him.

18. “...Commit Your Way to the Lord...”

“Commit” literally means “to roll”—roll your burden on the Lord. Whatever that burden is, you are to give it to God. His shoulders are broad enough.

“For My yoke is _____, and My burden is _____.” (Matthew 11:30)

Your burden, when handed to Someone else, is truly “light”!

19. “...Rest in the Lord and wait patiently for Him...”

This word “rest” means “to be silent.” We want our answers yesterday. But God is saying, “Hush! Rest in Me!” God isn’t interested in **time**. He’s interested in **timing**. He’s never in a hurry. And He’s never late. Waiting on the Lord is like waiting for the sun to rise. You can’t hurry it. And you can’t stop it.

Someone once wrote, “In the morning, lean your arms upon the windowsill of heaven, look into the face of God, then turn to meet your day.”

Trust. Do Good. Delight. Commit. Rest.

What is the key to all of this? Jesus. When He is your focus, you can win the war over worry.