

**THE SIN OF WORRY!
MATTHEW 6:24-34; LUKE 12:22-32**

Introduction

I want to bring a message to you tonight regarding one of the world's most **PREVALENT** and thought to be **ACCEPTABLE SINS**.

Let me say right off that, **though this SIN may be ACCEPTABLE with the WORLD, and with MANY who NAME the NAME of CHRIST, it is NOT ACCEPTABLE with GOD!**

And please understand that this is not a **SIN** that **AFFECTS** just a few people, but at some time or another it probably has **AFFECTED most all of us, if not all of us!** In fact, I don't know for certain, but I would dare say that **some in this room are BATTLING this very SIN right now where you sit even as I speak! (I can't know your heart but the LORD does!)**

Now I want you to understand that **the terminology that I want to use for this SIN is NOT found in the SCRIPTURE**. But that doesn't mean that this **SIN** itself is not found in **SCRIPTURE**, it just means that **different descriptive terms are used to describe it as are other words that we use**.

(e.g. The terms **"rapture"** and **"Trinity"** are not used in the **BIBLE**, but we know and have seen that the **TRUTH** of both of those in the **BIBLE!**)

So, what is this **"SIN"** that is so **PREVALENT** in the **WORLD** and in the **CHURCH** and has become **ACCEPTABLE** in the eyes of many?

It is **THE SIN OF WORRY!**

Though the term **"WORRY"** itself is **NOT** found in **SCRIPTURE**, there are other **WORDS** and **PHRASES** that **ARE** used in **SCRIPTURE** that point to what we define as **"WORRY"** in our day!

One of the descriptive phrases we find in the **BIBLE** is to **"be careful"** (as in **"being full of care"** or **"being anxious"**).

Philippians 4:6—"Be careful for nothing; but in every thing by prayer and supplication with thanksgiving let your requests be made known unto God."

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Other phrases, we find in our texts here tonight are, **"taking thought"** (in **Matthew 6:25, 27, 28, 31, 34** and **Luke 12:22, 25, 26**), to be **"of little faith, (Matthew 6:30 and Luke 12:28)"** or to **"be of doubtful mind"** (**Luke 12:29**) and **"fear"** (**Luke 12:32**).

READ the TEXTS!

I. WHAT IS THIS "WORRY" THAT WE ARE SPEAKING OF?

According to *Webster's New World Dictionary* **"WORRY"** is defined as **"a troubled state of mind, anxiety, uneasiness, distress."**

In reality, **WORRY** becomes a problem when it is in the form of almost **CONSTANT** or **INCESSANT FEAR**, which makes it more **PSYCHOLOGICAL!**

Now, we all know that some kinds of **FEAR** can be beneficial at times. (For example, if we have been alerted that a dangerous animal or an escaped convict is suspected in our community we are right to be very cautious in such circumstances until those things are resolved! That's not what we are talking about!)

The **WORRY** we're talking about comes from a **FEAR, REAL or IMAGINARY**, that is embedded deep within the **MIND** and **NEVER CEASES**.

It is said that **MOST** of the things that folks **WORRY** about **NEVER MATERIALIZE!**

"Worry is interest paid on trouble before it is due." (Dean Inge)

II. WHAT IS WRONG WITH WORRY?

A. WORRY Affects One's Physical Life! (From WebMD)

"Are you an excessive worrier? Perhaps you subconsciously think that if you 'worry enough,' you can prevent bad things from happening. But the fact is worrying can affect the body in ways that may surprise you. When worrying becomes excessive, it can lead to feelings of high anxiety and even cause you to be physically ill."

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Worrying is feeling uneasy or being overly concerned about a situation or problem. With excessive worrying, your mind and body go into overdrive as you constantly focus on "what might happen."

In the midst of excessive worrying, you may suffer with high anxiety – even panic – during waking hours. Many chronic worriers tell of feeling a sense of impending doom or unrealistic fears that only increase their worries.

Ultra-sensitive to their environment and to the criticism of others, excessive worriers may see anything – and anyone – as a potential threat.

Chronic worrying affects your daily life so much that it interferes with your appetite, lifestyle habits, relationships, sleep, and job performance. Many people who worry excessively are so anxiety-ridden that they seek relief in harmful lifestyle habits such as overeating, cigarette smoking, or using alcohol and drugs."

Someone once said, "Worry kills more people than work because more people worry than work."

Dr. Charles Mayo (Mayo Clinic) said "Worry affects the circulation, the heart, the glands, the whole nervous system, and profoundly affects the health. I have never known a man who died from overwork, but many who died from doubt."

Someone once said, "Those who live in a worry invite death in a hurry."

WHAT IS WRONG WITH WORRY?

A. Worry Affects One's Physical Life! (Body & Emotions)

B. Worry Affects One's Spiritual Life!

Worry's Focus Is On Fear Of The Unknown Rather Than Faith In The Known (i.e. God)!

Romans 14:23– "...for whatsoever is not of faith is sin."

Let's think about how **WORRY** affects One's Spiritual Life...

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1. WORRY DENIES THE PREEMINENCE OF GOD In Our Life! Matthew 6:25– "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?"**

Luke 12:23– "The life is more than meat, and the body is more than raiment."

Matthew 6:33– "But seek ye first the kingdom of God, and his righteousness; and all these things shall be added unto you."

2. WORRY DISPUTES THE PROVISION (AND PROVIDENCE) OF GOD For Our Life!

JESUS points out in our text that **GOD** takes care of what belongs to **HIM!**

a. GOD Provides For Animal Life:

Matthew 1 6:26; Luke 12:7; Luke 2:24.

(The raven is one of the "unclean" birds.)

b. GOD Provides For Plant Life:

Matthew 6:28-30; Luke 12:27

c. GOD WILL Provide For Those HE Made In HIS OWN IMAGE Who Belong To HIM!

Luke 12:28, 30

Philippians 4:19– "But my God shall supply all your need according to his riches in glory by Christ Jesus." (Context verses 13-19)

3. WORRY DISMISSES THE POWER OF GOD Over Our Lives! (i.e. The fact that GOD IS SOVEREIGN!) Luke 12:25– "And which of you with taking thought can add to his stature one cubit?"

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It really all boils down to whether we truly believe that **GOD** is in control or not!

If **HE IS** in control (and **HE IS!**), what is there to **WORRY** about?

WHAT IS WRONG WITH WORRY?

WORRY Affects Our Physical Life! (Body & Emotions)

WORRY Affects Our Spiritual Life!

(Denies the Preeminence of God, Disputes the Provision of God, Dismisses the Power of God)

C. WORRY Is Useless!

WORRY doesn't accomplish anything but wearing us down physically and robbing us of **GOD'S PEACE!**

Corrie Ten Boom said, "*Worry does not empty tomorrow of its sorrow, it empties today of its strength.*"

Someone else said, "*Worry, like a rocking chair, will give you something to do, but it won't get you anywhere!*"

Conclusion

So, are you consumed with some **WORRY** or **FEAR** in your life right now? Why not let go of your **WORRIES** and replace them with the **PEACE** that **GOD** can give and wants to give you!

Turn to *Philippians 4:6-9*

Understand that **GOD** has not only given us **LIFE in CHRIST**, but **HE** wants us to have it more **ABUNDANTLY**...that **ABUNDANT LIFE** comes from...

OUR FAITH IN HIM!

OUR TRUST IN HIM!

OUR DEPENDANCE ON HIM!

That all means the same thing! i.e. We are to have our life **FOCUSED ON GOD**, and not on anything else!

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GOD has all that we tend to **WORRY** about under **HIS** control! Our **WORRY** cannot and will not help us, it will only **HARM** us!

Now, a life free from **WORRY** begins with the life that **TRUSTS HIM FOR SALVATION** Have you done that? Listen to me...if you can **TRUST HIM** with your **SALVATION**, you can **TRUST HIM** with everything else as well!

When **JESUS** came the first time, what **HE** did on the **CROSS** delivered us from having to **FEAR DEATH** if we would just **TRUST HIM**, which those of us that are **SAVED** did!

Hebrews 2:15 says that **JESUS** came to "...deliver them who through fear of death were all their lifetime subject to bondage."

Now, if **GOD did that IN CHRIST** with the big stuff, what can **HE** do with everything else going on in our life?

Romans 8:28-39

What **WORRY** has you in its grip? There is no **WORRY** that can have victory over you unless you let it! Why not release your **WORRIES** today and put them in the hands of a **GOD WHO** loves you, will provide for you, has the power to deliver you through your trials, and **WHO** more than anything wants to have preeminence in your life!