

WHAT JESUS SAYS... about Worry

Matthew 6:27 – Can any one of you by worrying add a single hour to your life.

Life is like a journey that pushes us along a course that is either God-driven or self-driven. When we do not have faith or lose faith in God and fail to accept what He sends our way, we spend all of our focus on trying to control every moment such that when things get worse, we become despondent, stressed out, and - as our concerns penetrate our thoughts - our peace of mind is disturbed. We are now in worry mode and nothing can stop the incessant noise that overtakes our mind – what can I do, why me, how do I overcome this, how do I right the ship... please God help me through this; God, can't You see the stress that I am under? So, what are we to do? Jesus puts everything into perspective. Why worry? Can't you see that to worry is to sin? It separates you from God and once the focus moves from God, your journey becomes self-driven. Where that takes you is clearly further away from God. The unbeliever has no peace and allows worry dominate his/her life. Chronic worrying can affect health, lifestyle, sleep, and job performance. Worry is like a rocking chair. It gives you something to do, but it doesn't get you anywhere. Think about the stress Jesus must have felt. He was hated, despised, declared unworthy, and resented by the Jews, the Romans, and religious leaders. He was challenged by Satan. He had no home. He was misunderstood and rejected as the Messiah. He was betrayed by one of His own disciples. However, He knew His mission and did not waver. He gave His life so that we might have eternal life. His journey was God-driven, and He stayed focused on His Father. When we face challenges, we should put our focus on Jesus, knowing in the darkest hours He stayed connected to His Father and did the work the Father had given Him. He knows how to fight and exemplified the importance of prayer as He regularly went off alone to pray. Paul acknowledged the importance of prayer when He challenged us to “not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and minds in Christ Jesus.” (Philippians 4:6-8)

Is there a benefit to worry? Can it change the past, present, or future? No, but God died for our past, intervenes in our present, and has our future – cast all of your cares and worries on Him.

Questions:

Examine your life & activities for a moment. Is your life currently self-driven or God-driven? How can you tell?

“You can either control or you can grow.” Are you trying to control anxieties in your life or are you learning from the circumstances and growing in wisdom? Name 3 ways you are growing...

What things are occurring in your world that cause you worry?

Apply this thought from Matthew 7: 11 - “So if you sinful people know how to give good gifts to your children, how much more will your heavenly Father give good gifts to those who ask Him?” Explain how worry shows a lack of trust in God to care, provide, and protect His followers.

What ways are we provided to get rid of worry? Will you commit to acting upon moments of anxiety by praying about them in the coming days?