

Five Reasons Not to Worry

Right now, many of us are filled with worry and fear because the future is unknown. Let's look at what the Bible says about worry and fear.

1 John 4:18 says, "There is no fear in love, but perfect love casts out fear, because fear has torment. He who fears has not been perfected in love."

John says, "Perfect love casts out all fear." If we have a heart that is filled with love, we can be free from fear and dread.

John says, "Fear torments." Fear is a painful and distressing emotion. I can't think of anything that will take the joy out of a Christian quicker than the topic we are going to look at today. I want to look at some reasons why we don't need to worry from Matthew 6:25.

I. Worry is unreasonable: Matt 6:25, "Don't worry about your life"

One study found that 80% of the things we worry about never happen. Most of what we worry over cannot be changed and only 8% are legitimate concerns.

The book of Isaiah is filled with a lot of doom and gloom, but also offers hope to those who put trust in God.

Isaiah 12:2 says, "Behold, God is my salvation; I will trust and not be afraid for the LORD JEHOVAH is my strength and my song; He also has become my salvation."

Isaiah 26:3-4, "Behold, God is my salvation; I will trust and not be afraid for the LORD JEHOVAH is my strength and my song; He also has become my salvation. Trust in the LORD forever; for in the LORD JEHOVAH is everlasting strength."

Worry is unreasonable and irrational because it cannot change the problem.

II. Worry is unnatural: Verse 26-30

Jesus said, "Look at the birds of the air, they do not sow or reap or store away in barns; yet your heavenly Father feeds them. Are you not of more value than they?"

Human beings are the only ones in God's universe that worry.

Jesus says, "Look at the birds." They're not worried because God feeds them and takes care of them. Jesus says, "Aren't you more valuable than birds?"

We are in a different category than birds and flowers. God cares for us like a father cares for his children.

III. Worry is unhelpful:

Verse 27, “Which of you by being anxious can add one cubit to his stature?”

Another translation reads, “Which of you by worry can add a single hour to your life?”

Nothing changes when we worry. Worry cannot change the past and it cannot change the future. The only thing worry can do is ruin the present as it zaps the strength from our bodies. Prov 12:25, “An anxious heart weighs a man down.”

4. Worry is unnecessary: Verse 31

Therefore, do not worry, saying, 'What shall we eat?' or 'What shall we drink?' or 'What shall we wear?'

Worry is unnecessary because God controls the world. We don't control it.

God is good. Psalm 145:9, The LORD is good to all, And His tender mercies are over all His works.

Worry is the red light that says, I'm forgetting how good God is and I'm forgetting that God will take care of me.

5. Worry is unbelief: Verse 30-32

Jesus says, “O you of little faith,” verse 30. After talking about the basic necessities, verse 32 says, “For after all these things the Gentiles seek. For your heavenly Father knows that you need all these things.”

Some Practical things to help us overcome worry:

#1: Control your thinking: Prov 23:7, “You are what you think.”

#2: Take one day at a time: Matt 6:34

#3: Pray: Phil 4:6: “Don't worry about anything, pray about everything.”

#4. Count your blessings: 1 Thes 5:18 “In everything give thanks.”

#5. Do what you can and turn the rest over to God: (Rom 8:28)

6. Keep yourself busy.

#7. Encourage others.

Close:

Said the Robin to the Sparrow, “I should really like to know why these anxious human beings rush about and worry so.” Said the Sparrow to the Robin, “Friend, I think that it must be they have no heavenly Father that cares for them like you and me.” Let's not forget that we have a heavenly father who loves and cares about us.