

Worry

WHEN DOES WORRY BECOME SIN?

MATTHEW 13:22; COLOSSIANS 3:2

Our worry over the concerns of life becomes sin when it prevents the Word of God from taking root in our lives.

²²The thorny ground represents those who hear and accept the Good News, but all too quickly the message is crowded out by the cares of this life and the lure of wealth, so no crop is produced.

²Let heaven fill your thoughts. Do not think only about things down here on earth.

WHY DO I WORRY SO MUCH? HOW CAN I WORRY LESS?

PSALM 55:1-5

Fear and anxiety are normal responses to threatening situations.

- ¹ Listen to my prayer, O God.
Do not ignore my cry for help!
- ² Please listen and answer me,
for I am overwhelmed by my troubles.
- ³ My enemies shout at me,
making loud and wicked threats.
They bring trouble on me,
hunting me down in their anger.
- ⁴ My heart is in anguish.
The terror of death overpowers me.
- ⁵ Fear and trembling overwhelm me.
I can't stop shaking.
- ⁶ Oh, how I wish I had wings like a dove;
then I would fly away and rest!
- ⁷ I would fly far away
to the quiet of the wilderness.

EXODUS 14:1-14

We combat worry and anxiety by remembering and trusting God's promises.

¹Then the LORD gave these instructions to Moses: ²"Tell the people to march toward Pi-hahiroth between Migdol and the sea. Camp there along the shore, opposite Baal-zephon. ³Then Pharaoh will think, 'those Israelites are confused. They are trapped between the wilderness and the sea!' ⁴And once again I will harden Pharaoh's heart, and he will chase after you. I have planned this so I will receive great glory at the expense of Pharaoh and his armies. After this, the Egyptians will know that I am the LORD!" So the Israelites camped there as they were told.

The Egyptians Pursue Israel

⁵When word reached the king of Egypt that the Israelites were not planning to return to Egypt after three days, Pharaoh and his officials changed their minds. "What have we done, letting all these slaves get away?" they asked. ⁶So Pharaoh called out his troops and led the chase in his chariot. ⁷He took with him six hundred of Egypt's best chariots, along with the rest of the chariots of Egypt, each with a commander. ⁸The LORD continued to strengthen Pharaoh's resolve, and he chased after the people of Israel who had escaped so defiantly. ⁹All the forces in Pharaoh's army—all his horses, chariots, and charioteers—were used in the chase. The Egyptians caught up with the people of Israel as they were camped beside the shore near Pi-hahiroth, across from Baal-zephon.

¹⁰As Pharaoh and his army approached, the people of Israel could see them in the distance, marching toward them. The people began to panic, and they cried out to the LORD for help.

¹¹Then they turned against Moses and complained, “Why did you bring us out here to die in the wilderness? Weren’t there enough graves for us in Egypt? Why did you make us leave? ¹²Didn’t we tell you to leave us alone while we were still in Egypt? Our Egyptian slavery was far better than dying out here in the wilderness!”

¹³But Moses told the people, “Don’t be afraid. Just stand where you are and watch the LORD rescue you. The Egyptians that you see today will never be seen again. ¹⁴The LORD himself will fight for you. You won’t have to lift a finger in your defense!”

PHILIPPIANS 4:6

We combat worry by placing our cares in Jesus’ hands.

⁶Don’t worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. ⁷If you do this, you will experience God’s peace, which is far more wonderful than the human mind can understand. His peace will guard your hearts and minds as you live in Christ Jesus.

⁸And now, dear brothers and sisters, let me say one more thing as I close this letter. Fix your thoughts on what is true and honorable and right. Think about things that are pure and lovely and admirable. Think about things that are excellent and worthy of praise. ⁹Keep putting into practice all you learned from me and heard from me and saw me doing, and the God of peace will be with you.

PSALM 62:5-8

We find relief from fear in the promise of salvation.

- ⁵ I wait quietly before God,
for my hope is in him.
- ⁶ He alone is my rock and my salvation,
my fortress where I will not be shaken.
- ⁷ My salvation and my honor come from God alone.
He is my refuge, a rock where no enemy can reach me.
- ⁸ O my people, trust in him at all times.
Pour out your heart to him,
for God is our refuge.

MATTHEW 6:25-34

Our worries lose their grip on us as we focus on Kingdom priorities.

²⁵“So I tell you, don’t worry about everyday life—whether you have enough food, drink, and clothes. Doesn’t life consist of more than food and clothing? ²⁶Look at the birds. They don’t need to plant or harvest or put food in barns because your heavenly Father feeds them. And you are far more valuable to him than they are. ²⁷Can all your worries add a single moment to your life? Of course not.

²⁸“And why worry about your clothes? Look at the lilies and how they grow. They don’t work or make their clothing, ²⁹yet Solomon in all his glory was not dressed as beautifully as they are. ³⁰And if God cares so wonderfully for flowers that are here today and gone tomorrow, won’t he more surely care for you? You have so little faith!

³¹“So don’t worry about having enough food or drink or clothing. ³²Why be like the pagans who are so deeply concerned about these things? Your heavenly Father already knows all your needs, ³³and he will give you all you need from day to day if you live for him and make the Kingdom of God your primary concern.

³⁴“So don’t worry about tomorrow, for tomorrow will bring its own worries. Today’s trouble is enough for today.

Promise from God: 1 Peter 5:7

⁷Give all your worries and cares to God, for he cares about what happens to you.