

Do Not Worry About Your Life!

The English word "worry" comes from the old German word "würgen" and it means to strangle or to choke.

The Greek word for worry is "merizo" and it means to divide, to rip or tear apart.

Worry is an uneasiness of the mind that is accompanied with an anxious apprehension.

Worry can become even worse as it can develop into anxiety which is an overwhelming apprehension that causes people to become distressed, distraught, and tormented with the inability to cope.

Concern becomes worry if we fail to turn every situation over to God!

An average person's worry is focused on...

Health Issues (60%) - Many people worry about their health and the health of loved ones.

Financial Stability (50%) - Concerns about job security and financial future are prevalent.

Relationships (45%) - Worries about personal relationships and social connections are common.

Safety and Security (40%) - Fears related to personal safety and crime rates are significant.

Work-Life Balance (35%) - Many individuals stress about balancing work responsibilities with personal life.

Global Issues (30%) - Concerns about climate change, politics, and global crises affect many people.

Global Cooling: In the 1970s, some scientists predicted a coming ice age due to cooling trends.

Polar Bear Extinction: Early predictions suggested polar bears would be extinct by the early 2000s, but their populations have fluctuated.

Hurricanes and Global Warming: Claims that global warming would lead to more frequent and severe hurricanes, though there have been some, have not been conclusively supported by data.

Doomsday Scenarios: Predictions of widespread famine and societal collapse by the early 21st century due to climate change have not occurred.

Temperature Increases: Some models predicted much higher temperature increases by now than what has been observed.

Sea Level Rise Catastrophes: Predictions of catastrophic sea level rise of 20' by the year 2000 did not materialize as expected.

Picture: Rising sea levels

A whopping 91 percent of worries were false alarms. And of the remaining 9 percent of worries that did come true, the outcome was better than expected about a third of the time. For about one in four participants, exactly zero of their worries materialized!

Here is the bad news...

We live in a real world that has sin in it!

Because sin is in the world bad things happen!

We worry because we don't know what is going to happen tonight, tomorrow or next week!

We worry because we are not in control!

We worry because we can do all we can do and still it is not enough!

The good news is that we don't have to worry!

Matthew 6:25-34

25"Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more important than food, and the body more important than clothes?

26Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they? 27Who of you by worrying can add a single hour to his life?

28"And why do you worry about clothes? See how the lilies of the field grow. They do not labor or spin.

29Yet I tell you that not even Solomon in all his splendor was dressed like one of these.

30If that is how God clothes the grass of the field, which is here today and tomorrow is thrown into the fire, will he not much more clothe you, O you of little faith?

31So do not worry, saying, 'What shall we eat?' or 'What shall we drink?' or 'What shall we wear?'

32For the pagans run after all these things, and your heavenly Father knows that you need them.

33But seek first his kingdom and his righteousness, and all these things will be given to you as well.

34Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.

1. Worry is defeated when you realize that worrying accomplish nothing!

Proverbs 12:25 - "An anxious heart weighs a man down."

According to WEBMD.com, "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, eating junk food, cigarette smoking, or using alcohol and drugs."

The physical symptoms of excessive worrying are, difficulty swallowing, dizziness, dry mouth, fast heartbeat, fatigue, headaches, inability to concentrate, irritability, muscle aches, nausea, nervous energy, rapid breathing, shortness of breath, sweating, trembling, and twitching.

The more serious consequences of being worried are: suppression of the immune system, digestive disorders, muscle tension, short-term memory loss, premature coronary artery disease and heart attack.

2. Worry is defeated when you understand how much God cares about you!

God is intimately concerned with each of His creations and He is actively involved in providing for our needs!

Matthew 10:29-31 – "Are not two sparrows sold for a copper coin? And not one of them falls to the ground apart from your Father's will. But the very hairs of your head are all numbered. Do not fear therefore; you are of more value than many sparrows"

Psalm 139:13-16 - "For you created my inmost being; you knit me together in my mother's womb... my frame was not hidden from you when I was made in the secret place. When I was woven together in the depths of the earth, your eyes saw my unformed body. All the days ordained for me were written in your book before one of them came to be"

John 3:16 - "For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life.

3. Worry is defeated when you start putting first things first!

We worry because we care too much about the wrong things!

Putting first things first gives us the right perspective and it gives us the strength to face life without worries.

Matthew 6:33, "But seek first His kingdom and His righteousness, and all these things will be given to you as well."

Our first concern in life should not be about pleasing ourselves or serving ourselves or making sure we have all we need or want...

Our primary concern should be knowing and serving God!

A true believer is never content with where they are at in their walk with God!

When growing in our relationship with God is our top priority, God will take care of everything else!

Philippians 4:6 - "Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God."

Phil. 4:6-7 - "Do not be anxious about anything, but in everything, 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 your minds in Christ Jesus."