3 Keys To Overcoming Worry
Matthew 6:25-34

Please turn with me in your BIBLES to our scripture text in Matthew chapter six, verses twenty five through thirty four.

READ: MATTHEW 6:25-34

PRAYER

********************************************************************************

Introduction

Do you know GOD wants you and me to enjoy life?

In John 10:10, Jesus said........

“I have come that they may have life and have it to the full.”

Just as every loving father wants the very best for his children, GOD OUR HEAVENLY FATHER desires for you and me to live an abundantly rewarding and meaningful life.

But in spite of all of GOD’S rich blessings many of us rob ourselves of an abundant life because we engage in a very UNHEALTHY, UNPRODUCTIVE activity called WORRY!

In his book, “What You Don’t Know May Be Killing You,” Dr. Don Colbert says,

“Chronic worry and anxiety can lead to heart disease, heart attacks, mental illness, panic attacks and acute depression. Other side effects of chronic worry include, tension headaches, chronic fatigue, irritable bowel syndrome and the weakening of the immune system.”

I ask you Christian, does that sound like the kind of life God desires for you and me?
Jesus commands us three times in our scripture text not to worry.

verse 25 “Therefore I tell you, DO NOT WORRY ABOUT YOUR LIFE.”

verse 31 “So DO NOT WORRY.”

verse 34 “Therefore DO NOT WORRY ABOUT TOMORROW.”

By issuing this to us in the form of a command, JESUS is reminding us that when it comes to this matter of WORRYING, you and I have a CHOICE.

-In other words, nobody can truthfully say, “I am a born worrier” or “I came by it naturally because my mother or my father was a worrier.” Worrying is a choice of one’s free will!

-If I am a chronic worrier it is because I have made a willful choice to be a chronic worrier.

-If I rarely, if ever, worry about anything, it is because I have made a willful choice not to allow my life to be controlled by worries and fears.

For the remainder of the message, let’s consider 3 KEYS TO OVERCOMING WORRY.

*****************************************************************************

Here is KEY NUMBER ONE..................

(See Next Page)
KEY #1: I Will Resolve To Let Go of Any Situation That Is Out Of My Control

verse 27 Who of you by worrying can add a single hour to his life?

(New King James: “Who of you by worrying can add one cubit to his stature?”)

1. Jesus is challenging us to name one solitary thing you or anyone else ever accomplished by WORRYING?

-Name one person who added one hour to his life by worrying.

-Name one person who made himself even a fraction of an inch taller by worrying.

-Name one person who ever added one hair to his head by worrying.

-Name one person who ever put food on his table by worrying.

Illustration: Margaret McCordie of the University of Wisconsin conducted a survey on worrying. Here were the results of her survey.

-40% of our worries are over things that never happened.

-30% of our worries are over things that happened in the past we couldn’t change with all the worrying in the world.

-12% of our worries are over imaginary health problems.

-10% of our worries are over petty, insignificant issues.

-This means 92% of the things we worry about are things that are out of our control.

2. If you will stop and think about it, most of the things you and I worry about are things over which we have no control.
-We have NO CONTROL over what other people think, and yet we worry about it.

-We have NO CONTROL over what other people say, and yet we worry about it.

-We have NO CONTROL over the way other people act, and yet we worry about it.

-We have NO CONTROL over the choices our adult children make, and yet we worry about it.

-We have NO CONTROL over what our economy is doing, and yet we worry about it.

-We have NO CONTROL over the gas prices, and yet we worry about it.

-We have NO CONTROL over why our neighbor’s lights are on in the middle of the night, and yet we worry about it.

    He worried about the weather,
    He worried about his health.
    He worried about his business,
    He worried about his wealth.

    She worried about the children,
    She worried about her clothes,
    She worried about the neighbors,
    She worried about her woes.

    They worried about their taxes,
    They worried about their pets,
    They worried about their future,
    They worried about their debts.
    They worried, still they worried,
    They worried, but alas,
    They worried about a lot of things,
    That never came to pass.

So the first key to overcoming worry is: I Will Resolve To
Let Go of Situations That Are Out of My Control

************************

Now here’s the second key.

KEY #2:  I Will Resolve To Leave Tomorrow In God’s Hands

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

1. How many of us have advised someone who was going
through a tough time to “Just take life one day at a time?”

   And yet how many of us fail to take our own advice.

2. If you want to be miserably unhappy. If you want to rob
yourself of joy and happiness here’s how to do it!
WORRY about what may or may not happen six months
to a year from now!

   Better yet, worry about what may or may not happen
five or ten or twenty years down the road!

3. Jesus commands us NOT TO EVEN WORRY ABOUT
WHAT MAY OR MAY NOT HAPPEN TWENTY FOUR HOURS
FROM NOW. LEAVE TOMORROW IN GOD’S HANDS!

4. Is it OK for me to PLAN for tomorrow? YES!
Is it OK for me to PREPARE for tomorrow? Absolutely!
Is it OK for me to SET GOALS for tomorrow? Certainly!

   Is it OK for me to WORRY about tomorrow? No it is not!

5. Every day has enough trouble of its own. Let’s resolve to
deal with whatever life brings our way today and LEAVE
TOMORROW IN GOD’S HANDS.
KEY #1: I Will Resolve To Let Go of Situations That Are Out Of My Control

KEY #2: I Will Resolve To Leave Tomorrow In God’s Hands

Now here’s……………

KEY #3: I Will Resolve To Lean On Prayer Instead of Worry

Paul writes in PHILIPPIANS 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.”

1. Paul is teaching us a very valuable scriptural truth here. And that is, you and I don’t conquer worrying by simply saying, “Ok, I’m not going to worry about this.”

Worry is a negative activity. And the only way to overcome a negative activity like WORRYING is to replace it with a positive activity like PRAYING.

2. Paul tells us in verse 7, that if when we learn to PRAY MORE and WORRY LESS, we will experience the peace of GOD in such a way it will transcend ALL UNDERSTANDING and it will GUARD our hearts and minds in Christ Jesus.

The more I PRAY the less I will worry.
The more I PRAY the less stress I will feel.
The more I PRAY the less anxious I will be.
The more I PRAY the more at peace I will be.

ILLUSTRATION

The apostle James, the half-brother of Jesus was nicknamed“Old camel knees.”
Jerome, a fourth century historian wrote, “James, the brother of the LORD prayed so much that his knees were reputed to have acquired the hardness of a camel’s knees.

Oh that you and I would spend so much time PRAYING instead of WORRYING that our knees would become like camel’s knees.

CONCLUSION

Illustration: Tom had always been a compulsive worrier. But soon his friends began noticing a drastic change in Tom. One day while eating lunch in a restaurant, one of his friends said, “Tom you used to worry about everything, now you don’t seem to worry about anything. What has come over you?”

Tom said, “Well, I have hired a professional worrier to do all my worrying for me for a $1,000 a week, and I haven’t had a worry since.

The friend gasped! “A thousand dollars a week! How in the world are you going to pay the guy? Tom said, “I’ll let him worry about that!”

Wouldn’t it be great if we could hire a PROFESSIONAL WORRIER to do all our worrying for us?

While we tend to joke about worrying as though its just a weakness or a shortcoming, as Christians we need to understand worrying is a much more serious matter. You see, worrying is a sin. I know that sounds harsh, but we must face the truth.

-When I worry, it means I am NOT trusting in GOD to do everything He promises to do in His word.

-When I worry, it means I am responding to my circumstances the same way a non-Christian would respond.

There is a direct connection between the level of my worry and the level of my faith.

So with that thought in mind, may each of us leave here tonight:
RESOLVING TO LET GO OF SITUATIONS THAT ARE OUT OF OUR CONTROL!

RESOLVING TO LEAVE TOMORROW IN GOD’S HANDS.

AND RESOLVING TO LEAN ON PRAYER INSTEAD OF WORRY

May our prayer be, LORD, HELP MY UNBELIEF!