

Saturday/Sunday, January 5-6, 2008

## Stressed Out?

### “Three Good Reasons to Worry”

Matthew 6:25-32

Thanks! Just what I needed! (Tried these out and they work)

Asked a group two questions: *What do you worry about?*

*What's true about stuff you worry about?* (Uncontrollable, hasn't happened, expectations of others)

Why? Root issues/needs in all of us that, if unmet, produce worry.

Jesus identifies these as He talks with some of His followers in Mt. 6

The first good reason to worry is ...

#### 1. Uncertainty or insecurity.

(25a) *“Therefore I tell you, do not worry about your life, what you **will** eat or drink; or about your body, what you **will** wear.*

11x NT; 3x here ... don't, don't, don't ... if only that easy

Worry means that our minds are being drawn in different directions

We worry like this because ...

- **We aren't sure/we're uncertain about the FUTURE.**

What you will eat/drink ... will wear (not past, present but future)

We live in a world filled with uncertainties (read examples)

It can become overwhelming (one mom's worries about future)

Because we can't know the future with certainty we worry in an attempt to somehow close the gap between what we can know and the unknowable – but this only continues the cycle of worry.

To stop this cycle we need something or someone greater than all of our uncertainties combined in order to rid our lives of controlling worry.

We worry because ...

- **We aren't sure/we're uncertain about LIFE; what it's all about**

(25b) ***Is not life more important** than food, and the body more important than clothes?*

Jesus asks, “What's the more important thing in life?”

Is it food? Clothes? Wealth? Family? Success? Friends? Happiness? Do these make up the more important, the most important or is it something else?

Lots of answers being given today – local bookstore

How would you answer this today? Well of course God is the most important! Wait ... He is asking those who believe this, too.

We don't have forever to determine this.

The Bible asks, *What is your life?* And then answers, *You are a mist that appears for a little while and then vanishes.* (Obits)

If life's more important thing for you is anything that this world offers, things that won't last, then I can promise you that it will be about these things that you will worry about.

If life's more important thing is God then He will capture your attention and thoughts and worry will have no place to grow.

The second good reason to worry is caused when we feel ...

#### 2. Unworthy or insignificant.

(26-27) *Look 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? Who of you by worrying can add a single hour to his life?***

Two more important questions ...

What is your worth? Your value? Your significance?

So many people today feel worthless, of little value, insignificant. Like they don't really matter to anyone including God.

Why? Being surrounded with so much info (Internet, etc.) ... makes us feel small and insignificant

Often found even in people of faith who say they know God and that He knows them. This produces a legalistic, rules-and-regulation kind of spirituality that seeks to find worth and value in a performance-based lifestyle, which is no life at all.

This takes a lot of energy to maintain and only produces more worry and weariness. There is a better way to live.

Jesus said...

- **We have great value because we're NOT BIRDS!**

Birds don't do anything ... yet they are valuable and God takes care of them. How great it would be to be a bird!

Birds are cool but people are cooler. Birds have value but people have way more value. The whole animal kingdom combined doesn't compare with the value of a single human life.

Sorry ... we are not a part of the animal kingdom.

When God made the animals He said He did a good job but when He made you He said He did a really good job.

- **We have great value because God loves us and LIKES us!**

I know God loves me but I'm not sure if He likes me.

Of course He likes you! Nah I don't think He does.

Yes He does! He picked you for His team. He loves you ... He likes you.

**John 3:16-17** "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. For God did not send His Son into the world to condemn the world, but to save the world through Him.

**John 15:13** Greater love has no one than this, that he lay down his life for his friends.

**1 John 3:1** How great is the love the Father has lavished on us, that we should be called children of God! That's what we are!

Jesus says that worry won't add "cubit" to our life. (Hour, size 18")

The third good reason to worry is identified as ...

### 3. Unbelief.

(28-30) *"And why do you worry about clothes? See how the lilies of the field grow. They do not labor or spin. Yet I tell you that not even Solomon in all his splendor was dressed like one of these. If 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?**"*

Look at the lilies ... they put Solomon to shame. But they have a real short life expectancy. Like grass ... alive until it's mowed again ... then it's just dead grass clippings. You are more significant than lilies, flowers or grass clippings.

The issue isn't about clothing it's about faith.

Jesus asks them, *"Will He not more clothe you, O you of little faith?"*

Their worry was caused by small faith.

When our faith is small ...

- **We aren't confident God CAN do what He's promised.**

Does He have it in Him; the ability, the power.

- **We aren't confident God WILL do what He's promised.**

Will He come through; does He have integrity; does He want to.

**2 Corinthians 5:7** We live by faith, not by sight.

**Hebrews 11:1** Now faith is being sure of what we hope for and certain of what we do not see.

**Hebrews 11:6** And without faith it is impossible to please God,

## Closing comments

So there you have it ... three Good Reasons to Worry; uncertainty, unworthiness, unbelief. Where are you? (Nancy and me)

The opposite of worry is peace ... how do I get that?

Jesus is called the Prince of Peace

**Romans 5:1** We have peace with God through our Lord Jesus Christ,

He transforms our worry over the future into peace for today; our worry because of a deep sense of unworthiness into the peace that brings significance; and our worry caused by unbelief to peace through faith in Jesus, God's Son.

Jesus is the ultimate Peacemaker for every life.

Song: Peacemaker

Explain how to use "Who I am in Christ"

**Next week** → How to effectively deal with stress, worry and anxiety

Pray