

Worry

Worry: Webster- to be anxious, troubled, etc.

Job 14:1 "Man who is born of a woman is **few of days** and **full of trouble**. **2** He comes out like a flower and withers; he flees like a shadow and continues not.

None can escape what **Job** said that applies to us all. We “are a mist that appears for a little time and then vanishes” (*Jas 4:14*). So we are to enjoy what time we have without sweating the small stuff. But there are times when many of us can bring our own selves to worry over things that we find, in time, really weren’t of such a big deal to get us in such a to-do over in the first place. No matter how small or large the subject of our attention that would cause us to fret, to agonize over whatever, is another indicator of the strength of our faith. Whether we are new to the faith or not, how we worry reveals the level of our understanding when it comes to scripture.

Php 4:6 do not be anxious about **anything**, but in **everything** by prayer and supplication with thanksgiving let your requests be made known to **God**. **7** And the peace of **God**, which surpasses all understanding, will guard your hearts and your minds in **Christ Jesus**.

- When we begin to understand the peace of **God**, a lot of our fretting over **things** or situations that can steal our attention away from what really matters in life, will, for the most part, become trivial. And the one thing we often have a tendency to fret over are those...

1. Financial matters.

When making his statement that we aren’t to “be anxious about anything” the apostle wasn’t saying that brethren were to just become slackers and not be concerned with working to take care of our finances or to sustain our families either.

2Th 3:10 For even when we were with you, we would give you this command: If anyone is not willing to work, let him not eat.

- And when dealing with those who formerly sustained themselves through such sinful practices as theft to get by on, he gave them a remedy.

Eph 4:28 Let the thief no longer steal, but rather **let him labor**, doing **honest work** with his own hands, **so that** he may have something to share with anyone in need.

- In other words “**Get a job!**” and stop depending on the labors of others. Nothing is free even when we’re told it is! The phrase “**buy one get one free**” isn’t really true. Merchants can’t make a profit if they just give things away. Someone had to pay for it. Another phrase, “**there’s no free lunch**”, can be so true when applied almost any time when it comes to work being necessary to purchase anything in life. Yes, most of us have been blessed by having incomes. But what did we have to do to obtain them? Hopefully nothing that involved ripping someone else off!

And part of making an honest living, according to the apostle, is to be able to help others who are **unable** to work. But theft can be done in many ways. Sometimes it can be in the form of depending on the church for stuff that an honest day's work will take care of. One such case comes to mind from the material we are studying in the Wednesday evening class "That We May Share His Holiness" by Tommy South. When we looked at "Disciplining The Disorderly" (*page 75*) we saw where a couple habitually relied on the church to take care of their family needs when there was nothing to stop the head of the household from getting an "ordinary" job. Notice **Paul's** admonition on this.

1Ti 5:8 But if anyone does not provide for his relatives, and especially for members of his household, **he has denied the faith** and is worse than an unbeliever.

- In this instance it was difficult for the elders to turn this particular family away because they had children who would have gone without were it not for their intervention. And we also discussed how we would handle such a situation with the freedom we have to make decisions based on **Jesus** words where we are to....

Mat 10:16 "... be wise as serpents and innocent as doves."

- In this case there was no real concern or worry on the part of those using the church as long as they had the steady handouts of the concerned brethren coming in. **Paul** also dealt with this when the subject of widows came up by stating...

1Ti 5:16 ... Let the church not be burdened, **so that** it may care for those who are truly widows.

- The money we collect through our weekly contribution on Sundays isn't ours to just give away since it, along with all else, belongs to **God** in the first place. And to disperse the **Lord's** money without "the wisdom from above" (*Jas 3:17*) we can only be enabling those who frivolously seek such handouts, which in turn will hinder us from taking care of those who are truly in need. It can also hinder the further work of the church in evangelism. **Let** those who aren't willing to fend for themselves worry about where **they** will get their next meal and **not** place such a burden on the church.

Pro 13:4 The soul of the sluggard craves and gets nothing, while the soul of the diligent is richly supplied.

Pro 20:4 The sluggard does not plow in the autumn; he will seek at harvest and have nothing.

- To work with our hands and minds can be rewarding and we can spend a lot of positive time at work or in recreation, which both can produce a satisfaction you can't get from being a bum (*without being politically correct I can't think of a better word to define a person who leaches off of others*). They give a bad name to those who seek assistance with the **hopes** of being able to take care of

themselves as soon as they can. That said, worry not only has a tendency to hinder our physical work productivity it also...

2. Hinders the spiritual.

It can be easier said than done to **not** get anxious when life throws things at us that will take our minds off of our spiritual health. And it doesn't matter where we are when it comes to maturity in the faith since we've all been guilty of worry to some extent or another. Whatever the situation, we need to first pray about it and then put it into **God's** hands. Otherwise **Satan** will have the upper hand and rob us of our spiritual happiness and contentment. Case in point.

Mat 16:21 From that time **Jesus** began to show **His** disciples that **He** must go to Jerusalem and suffer many things from the elders and chief priests and scribes, and be killed, and on the third day be raised. **22** And **Peter** took **Him** aside and began to rebuke **Him**, saying, "Far be it from you, Lord! This shall never happen to you." **23** But **He** turned and said to **Peter**, "**Get behind Me, Satan! You are a hindrance to Me. For you are not setting your mind on the things of God, but on the things of man.**"

- **Peter** may have had his heart in the right place when he was concerned about **Jesus** ultimately having to go through such suffering. But just as **Jesus** had to suffer to fulfill the scheme of redemption, sometimes our own personal suffering is necessary in order for **God's** plan, in our own personal lives, to be carried out. We don't always understand why we suffer, but we suffer ultimately because of one particular sin.

Rom 5:12 Therefore, just as sin came into the world through one man, and death through sin, and so death spread to all men because all sinned--

1Co 15:22 For as in **Adam** all die, so also in **Christ** shall all be made alive.

- **Satan** understands that our physical suffering can often hinder our spiritual growth. And **Adam** had a choice when he disobeyed the only rule **God** gave him. It is because of that, **God** "cursed ... the ground because of [him]; [so] in pain [mankind] shall eat of it all the days of [our lives]" (*Gen 3:17*).

Ecc 3:10 I have seen the business (*Heb.6045- ado*) that **God** has given to the children of man to be busy (*Heb.6031- humble self*) with.

- Along with our physical health, do we ever think about what happens when we don't exercise our minds through daily devotion to scripture and **Bible** study? Just as regularly spending time at the gym can do wonders for our physical health, the same with our **Bibles** can do wonders for our spiritual health.

Heb 12:11 For the moment all discipline (*Gk.3809- training*) seems painful rather than pleasant, but later it yields the peaceful fruit of righteousness to those who have been trained (*KJV- exercised*) by it.

Heb 12:12 Therefore lift your drooping hands and strengthen your weak knees, 13 and make straight paths for your feet, so that what is lame may not be put out of joint but rather be healed.

- Whatever we exercise will eventually improve. Maybe this can be considered harsh, but, it's like my dad once said when I told him about being nervous if I had to return to the same machine at the paper mill that I got pulled into; he said "It's like riding a horse, when you get thrown off you have to just get back on". (*He probably spoke from experience since he grew up farming with horses.*) But it is so true. Getting thrown from those horses of life tend to cause us to be afraid to just get back in there, but if we don't weather those storms how can we ever grow from the experience of having gone through them? The temptation will always be there to just roll over, but then we wouldn't be trusting in God to see us through.

1Co 10:13 No temptation (*Gk.3986- experience; by implication adversity*) has overtaken you that is not common to man. God is faithful, and He will not let you be tempted (*Gk.3985- to test*) beyond your ability, but with the temptation He will also provide the way of escape (*Gk.1545- an exit*), that you may be able to endure it.

- God has an exit plan! We only need to recognize it and patiently wait for it since He has promised that He'll provide it. And it will come through His providence. An O.T. example of God's providence being revealed was when Elijah told a certain widow to go and prepare some food for him from what little she had left as a result of a drought they were having.

1Ki 17:8 Then the word of the LORD came to him, 9 "Arise, go to Zarephath, which belongs to Sidon, and dwell there. Behold, I have commanded a widow there to feed you." 10 So he arose and went to Zarephath. And when he came to the gate of the city, behold, a widow was there gathering sticks. And he called to her and said, "Bring me a little water in a vessel, that I may drink." 11 And as she was going to bring it, he called to her and said, "Bring me a morsel of bread in your hand." 12 And she said, "As the LORD your God lives, I have nothing baked, only a handful of flour in a jar and a little oil in a jug. And now I am gathering a couple of sticks that I may go in and prepare it for myself and my son, that we may eat it and die." 13 And Elijah said to her, "Do not fear; go and do as you have said. But first make me a little cake of it and bring it to me, and afterward make something for yourself and your son." 14 For thus says the LORD, the God of Israel, "The jar of flour shall not be spent, and the jug of oil shall not be empty, until the day that the LORD sends rain upon the earth." 15 And she went and did as Elijah said. And she and he and her household ate for many days. 16 The jar of flour was not spent, neither did the jug of oil become empty, according to the word of the LORD that He spoke by Elijah.

- Obviously that was a miraculous event. Remember, the purpose of miracles were as "sign[s] not for believers but for unbelievers" (*1 Cor 14:22*) and how we are to rely on the completed written word when it comes to believing what is being taught. In the context of this passage, we aren't to be consumed with worry...

3. Over the future.

Ecc 3:22 So I saw that there is nothing better than that a man should rejoice in his work, for that is his lot. Who can bring him to see what will be after him?

- **Solomon** understood that what he had labored over he was also to enjoy since otherwise he would have labored in vain. He couldn't take it with him and he didn't know what someone else would do with what he had worked so hard to obtain. As **Job** said "Naked I came from my mother's womb, and naked shall I return" (*Job 1:21*).

Mat 6:31 Therefore do not be anxious, saying, 'What shall we eat?' or 'What shall we drink?' or 'What shall we wear?' **32** For the Gentiles seek after all these things, and your heavenly Father knows that you need them all. **33** But seek first the kingdom of God and His righteousness, and all these things will be added to you. **34** "Therefore do not be anxious about tomorrow, for tomorrow will be anxious for itself. Sufficient for the day is its own trouble.

- You've heard the saying "Don't borrow trouble"? Don't we think we have enough trouble without having to borrow more from the future? But people in general can be so consumed with the future that industries such as the underground bunker fabrication and long term food packaging companies have profited over such obsessions. And not that we aren't to be prepared for power outages, bad weather or other **foreseeable** calamities either. But to be so consumed by worrying about the end **can** be a sign of a lack of faith. Especially when we aren't really sure about the physical future of the planet and only go by what some gloom and doom "interpreter" of the "apocalypse" is saying. As **Jesus** warned **His** disciples concerning the fall of Jerusalem, the same warning can also apply to us when it comes to the end of time.

Luk 21:34 "But watch yourselves lest your hearts be weighed down with dissipation [*Webster: to indulge in pleasure to the point of harming oneself.*] (*Gk.2897- a headache [as a seizure of pain] from drunkenness [i.e., hangover]*) and drunkenness and **cares of this life** (*See how Jesus compares worry to the sin of drunkenness?*), and that day come upon you suddenly like a trap. **35** For it will come upon all who dwell on the face of the whole earth.

- And how are we to prepare for the day when all will come to an end, even those underground fortresses that are well stocked preparing for it? They might last through a man-made day of reckoning but not the day of reckoning with **God** at **His** judgment. Being ready for the physical, which is temporal, isn't akin to be ready for the spiritual, which is eternal. And we can physically sleep but still be ready even as those who aren't prepared might be awake but asleep spiritually.

1Th 5:5 For you are all children of light, children of the day. We are not of the night or of the darkness. **6** So then let us not sleep, as others do, but let us keep awake and be sober.

- Being “awake” and “sober” have more to do with being prepared for the judgment. Many won’t be. Those who have died prepared, died in anticipation of the resurrection. They no longer have to worry about, **as neither should we**, the day **Jesus** returns to claim **His** bride, the church. But knowing where a faithful **Christian** will end up, should we just allow our health to deteriorate? Shouldn’t we worry...

4. Over our health.

- This isn’t to say, once again as the slacker who disregards his physical health, that we as **Christians** aren’t to be at least **concerned** about our physical health. Quite the contrary. Concerned, according to Webster, is to be “involved in or interested” in something. But it too can go further and mean “uneasy or anxious”. If our health is left to decay because of disinterest how can we be in any shape to continue the work of the church in bringing others to the **Lord**? Unless of course we aren’t concerned about that either.

1Co 10:31 So, whether you eat or drink, or **whatever** you do, do all to the glory of **God**.

- And whatever level of health we’ve been blessed with, whether good or ill, we need to thank **God** for it knowing there’s always someone else who’s in a much worse shape. After all, this is not all there is anyway.

1Co 15:51 Behold! I tell you a mystery. We shall not all sleep, but we shall all be changed, **52** in a moment, in the twinkling of an eye, at the last trumpet. For the trumpet will sound, and the dead will be raised imperishable, and we shall be changed.

- **Job** understood this when he stated that he “would wait, till [his] **renewal** should come” (*Job 14:14*).

1Co 15:53 For this perishable body must put on the imperishable, and this mortal body must put on immortality. **54** When the perishable puts on the imperishable, and the mortal puts on immortality, then shall come to pass the saying that is written: "Death is swallowed up in victory." **55** "O death, where is your victory? O death, where is your sting?" **56** The sting of death is sin, and the power of sin is the law. **57** But thanks be to **God**, **Who** gives us the victory through our **Lord Jesus Christ**.

- As **John** states in **1 Jn 3:2**, “what we will be has not yet appeared; but we know that when He appears we will be like Him, because we shall see Him as He is”.

1Co 15:58 Therefore, my beloved brothers, be steadfast, immovable, always abounding in the work of the **Lord**, knowing that in the **Lord** your labor is not in vain.

- If we are “steadfast” we’re not going to worry, if we are “immoveable” we’re not going to worry, and if we’re “always abounding in the work of the **Lord**” we’re not

going to worry. With this in mind, shouldn't we all be at least a little concerned with...

5. Eternity

Mat 22:1 And again Jesus spoke to them in parables, saying, 2 "The kingdom of heaven may be compared to a King Who gave a wedding feast for His Son, 3 and sent His servants to call those who were invited to the wedding feast, but they would not come. 4 Again He sent other servants, saying, 'Tell those who are invited, See, I have prepared My dinner, My oxen and My fat calves have been slaughtered, and everything is ready. Come to the wedding feast.' 5 But they paid no attention and went off, one to his farm, another to his business, 6 while the rest seized His servants, treated them shamefully, and killed them.

- Since the gospel was preached "to the Jew first" (*Rom 1:16*) and, for the most part, wasn't accepted by them, Jesus is here foretelling how the plan of salvation would then be globally accomplished. The King here is the Father and the servants represent those of His prophets and evangelists who would be tortured and martyred for the sake of the gospel. So...

Mat 22:7 The King was angry, and He sent His troops and destroyed those murderers and burned their city.

- Since God "rules the kingdom of men and gives it to whom He will" (*Dan 4:32*) "His troops" here, refer to the Roman army that He employed to punish the Jews and destroy the city of Jerusalem in 70 AD. Why? Because "His ways are just; and those who walk in pride He is able to humble" (*Dan 4:37*). And since the nation of Israel wasn't interested in salvation through Jesus' sacrifice, His disciples were given their commission to include the Gentiles.

Mat 22:8 Then He said to His servants, 'The wedding feast is ready, but those invited were not worthy. 9 Go therefore to the main roads and invite to the wedding feast as many as you find.' 10 And those servants went out into the roads and gathered all whom they found, both bad and good. So the wedding hall was filled with guests.

- The refusal of the Jews to enter the kingdom because of their pride was part of the plan in which the Gentiles could enter. Peter came to finally understand that when he was summoned to the house of Cornelius.

Act 10:34 So Peter opened his mouth and said: "Truly I understand that God shows no partiality, 35 but in every nation anyone who fears Him and does what is right is acceptable to Him."

- So what about Israel's place in the kingdom? Why was it planned that they should fall in the first place?

Rom 11:7 What then? **Israel** failed to obtain what it was seeking. The elect obtained it, but the rest were hardened, **8** as it is written, "**God** gave them a spirit of stupor, eyes that would not see and ears that would not hear, down to this very day."

Rom 11:11 So I ask, did they stumble in order that they might fall? By no means! Rather through their trespass salvation has come to the **Gentiles**, so as to make **Israel** jealous.

- Why?

Rom 11:14 in order somehow to make my fellow **Jews** jealous, and thus **save some of them**. **15** For if their rejection means the reconciliation of the world, what will their acceptance mean but life from the dead?

- In his writing to the **Gentile Christians in Rome**, **Paul** admonished them because of their pride in obtaining something that the **Jews** weren't interested in.

Rom 11:19 Then you will say, "Branches were broken off so that I might be grafted in."

Rom 11:23 And even they (*the Jews*), if they do not continue in their unbelief, will be grafted in, for **God** has the power to graft them in again.

- But what part did they have to play in order for them to be grafted back into the vine? They had to accept the fact that **God** sent **Jesus** as the promised **Messiah** that they had waited for and answer the call of **His** great commission to be clothed in **Him**.

Gal 3:27 For as many of you as were baptized into **Christ** have put on **Christ**.

- **Christ** becomes our wedding garment. Without our sins hidden in **Him** we will stand naked before **God** at the judgment.

Mat 22:11 "But when the King came in to look at the guests, He saw there a man who had no wedding garment. **12** And He said to him, 'Friend, how did you get in here without a wedding garment?' And he was speechless. **13** Then the King said to the attendants, 'Bind him hand and foot and cast him into the outer darkness. In that place there will be weeping and gnashing of teeth.' **14** For many are called, but few are chosen."

- Many have heard the message of the gospel preached but have yet to heed the call to obey and be clothed in **Christ** where all their sins can be hidden. Why not let go of the worry of where you will spend eternity and let...
... your life [be] hidden with **Christ** in **God**. (*Col 3:3*)

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