

# FORBIDDEN WORRY VS. LEGITIMATE CONCERN

The myth we've been taught: I can control circumstances by worrying about them.

The biblical truth: Worry makes you miserable because it doesn't make uncontrollable circumstances controllable.

Philippians 4:6 – “*Don't worry about anything...*” (New Living)

Two Definitions of Worry (for Christians):

Worry definition #1 – The anxiety and tension and that pulls me apart and causes me not to believe Romans 8:28 (God is working all things together for my good).

Worry definition #2 – When I allow circumstances to pull me down, keep me down and make me totally depressed and frustrated to the point I can't do anything to help myself.

Definition of Legitimate Concern:

Legitimate Concern: The desire that causes me to get up and try to do something to help myself believing that with God's intervention I'll find a solution to my problem or at least a way to get through it with my faith intact.

## JESUS MAKES FIVE STATEMENTS ABOUT WORRY

### 1. WE WORRY ABOUT THE WRONG THINGS

Matthew 6:25 – “*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?*” (NIV)

Three statements about worry:

- [1] We tend to worry about external things more eternal things.
- [2] We worry about things we can't change.
- [3] Worry throws things out of proportion.

### 2. WORRY IS NOT A PART OF THE NATURAL WORLD

Two statements from Jesus:

[1] Birds don't worry.

Verse 26 – “*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?*” (NIV)

[INSERT PICTURE OF BIRD]

[2] Flowers don't worry.

Verses 28-29 – “*And why worry about your clothes? Look at the field lilies! They don't worry about theirs. Yet King Solomon in all his glory was not clothed as beautifully as they.*” (Living)

[INSERT PICTURE OF FLOWER]

Proverbs 12:25 – “*Worry weighs a person down; an encouraging word cheers a person up.*” (New Living)

### 3. WORRY HAS NO PERSONAL BENEFITS

Verse 27 – “*Who of you by worrying can add a single hour to his life?*” (NIV)

### 4. WORRY DEMONSTRATES A LACK OF FAITH IN GOD'S CARE AND CONCERN

Verse 30 – “*And if God cares so wonderfully for flowers that are here today and gone tomorrow, won't he more surely care for you, O men of little faith?*” (Living)

### 5. WORRY PUTS YOU ON THE SAME LEVEL AS NON-BELIEVERS

Verses 31-32 – [31] “*Don't worry and say, 'What will we eat?' or 'What will we drink?' or 'What will we wear?' [32] The people who don't know God keep trying to get these things, and your Father in heaven knows you need them.*” (New Century)

THREE STEPS TO MINIMIZE WORRY:

## **1. GIVE BIBLICAL PRINCIPLES PRIORITY**

Verses 32-33 – [32] “*Your heavenly Father already knows perfectly well that you need them, and [33] he will give them to you if you give him first place in your life and live as he wants you to.*” (Living)

Luke 8:3 – “*Joanna the wife of Cuza, the manager of Herod's household; Susanna; and many others. These women used their own money to help Jesus and his apostles.*” (New Century)

## **2. WORK TO RESOLVE TODAY'S PROBLEMS**

Verse 34 – “*So don't worry about tomorrow, because tomorrow will have its own worries. Each day has enough trouble of its own.*” (New Century)

## **3. PRAY ABOUT THE THINGS BEYOND CONTROL**

Philippians 4:6-7 [Paul from prison] – [6] “*Don't worry about anything; instead, pray about everything; tell God your needs...[7] If you do this, you will experience God's peace, which is far more wonderful than the human mind can understand.*” (Living)

Two Suggestions:

- [1] Don't panic, pray!
- [2] Claim the promises in the Bible.

Romans 8:32 – “*Since he did not spare even his own Son for us but gave him up for us all, won't he also surely give us everything else?*” (NIV)

2 Chronicles 20:15 – “*Do not be afraid or discouraged because of this vast army. For the battle is not yours, but God's.*” (NIV)