

Don't Worry

Other words for worry are fretful, troubled or anxious.

A very common saying. Some say it a hundred times a day. People are telling each other not to worry. Children tell parents not to worry when they go on a trip. Even soldiers, when going off to war, tell their parents not to worry.

“Don't worry, be happy” used to be a popular pop-song.

Don't worry is actually not listed in the 10 commandments. However there are several commands from the Lord not to worry:

First we read Matthew 6:25-24

^{MT 6:25} “I tell you, **do not** worry. Don't worry about your life and what you will eat or drink. And don't worry about your body and what you will wear. Isn't there more to life than eating? Aren't there more important things for the body than clothes?

^{MT 6:26} “Look at the birds of the air. They don't plant or gather crops. They don't put away crops in storerooms. But your Father who is in heaven feeds them. Aren't you worth much more than they are?

^{MT 6:27} “Can you add even one hour to your life by worrying?

^{MT 6:28} “And why do you worry about clothes? See how the wild flowers grow. They don't work or make clothing. ²⁹ But here is what I tell you. Not even Solomon in all of his glory was dressed like one of those flowers.

^{MT 6:30} “If that is how God dresses the wild grass, won't he dress you even better? After all, the grass is here only today. Tomorrow it is thrown into the fire. Your faith is so small!

^{MT 6:31} “So Don't say, ‘What will we eat?’ Or, ‘What will we drink?’ Or, ‘What will we wear?’ ³² People who are ungodly run after all of those things. Your Father who is in heaven knows that you need them.

^{MT 6:33} “**So don't worry**. But put God's kingdom first. Do what he wants you to do. Then all of those things will also be given to you.

^{MT 6:34} “**So don't worry** about tomorrow. Tomorrow will worry about itself. Each day has enough trouble of its own.”

John 14:1

“**Do not** let your heart be troubled. Trust in God, trust also in me.”

Philippians 4:6

“**Do not** be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God.”

Is worry a sin?

I suppose most people would not consider worry a sin. Or not as bad as murder, stealing or lying.

Of course when we disobey the Word of the Lord we sin. Sin is disobedience.

What is worry?

Worry is a lack of trust. The Lord Jesus said, “Let not your heart be troubled, believe in God and believe also in me”.

Worry is a lack of hope. Isaiah 40:31, “But those who hope in the Lord will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not faint”.

Worry is also caused by a lack of confidence in self. We constantly need to remember that we are sons and daughters of the Lord almighty. We, who believe in the Lord Jesus Christ have been saved, redeemed, forgiven and made righteous in Christ. Christ is living in us and He is all-powerful. With Him nothing is impossible.

Worry is fear. “Perfect love drives out fear”. 1 John 4:18. God is love.

How to deal with worry?

Again we go to God for the answers. So many people go to psychologist and psychiatrists for help and pay heavy fees. There are some who get attached to these counselors. But all the answers are in God’s Word and it’s free of charge.

1. Get rid of it. Don’t keep it. Give it to the Lord.

1 Peter 5:7 “Cast all your anxiety on Him because He cares for you”.

How do we do that?

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

2, Receive consolation and encouragement from God’s Word.

Psalm 94:19 “When anxiety was great within me, your consolation brought joy to my soul.”

3, Associate with people who are kind to you and be kind to others.

Proverbs 12:25 An anxious heart weighs a man down, but a kind word cheers him up.”

4, Allow the Lord to live, speak and function through you. He is never worried.

Mark 13:11 “Whenever you are arrested and brought to trial, do not worry beforehand about what to say. Just say whatever is given you at the time For it is not you speaking, but the Holy Spirit.”

Christianity is not a set of rules, or a list of beliefs but Christianity is Christ. “Christ in you the hope of glory” Colossians 1:27, Not stress, frustration, worry and fear but Hope of Glory, Victory and More than Conquerors.

A beautiful description of a person who is filled with the Spirit of the Lord.

Isaiah 11:2-3 “The Spirit of the Lord will rest on him, the Spirit of wisdom and of understanding, the Spirit of counsel and of power, the Spirit of knowledge and of fear of the Lord, and he will delight in the fear of the Lord. He will not judge by what he sees with his eyes, or decide by what he hears with his ears.”

People who worry judge by what they see and decide by what they hear. **The Holy Spirit gives us wisdom, understanding, counsel, power, knowledge and delight. A new life, an exchanged life, a fantastic life, an exciting life, a peaceful life.**