

# No Worries

**Scripture:** Matthew 6:27

## **Introduction:**

How many of you have seen the movie Lion King? During this story the main character Simba, a lion, finds himself troubled at the death of his father, an burdened with to many things in life, he runs away to a distant place. There he meets two new friends, Timon a Meerkat (Weasel looking thing) ..... And Pumbaa a Warthog.

They realize Simba's difficulties and teach him a new word to help him quit worrying.....Anyone knows what that word is? Hakuna Matata. It means no worries for the rest of your days it's a problem free philosophy....as the song goes.

A great many people struggle with stress, anxiety and worries. So much that Glen and I are going to Lubbock Texas all this week to study and look into how to help ourselves and others with this same thing.

While looking up worry in the dictionary the strangest thing happened I found the word but where I found it was extraordinary.....It was right at home between the words worn out and worse.

Children even deal with worry. Have you heard the Mother Goose Rhyme:

*For ever element under the sun  
There is a remedy or there is none.  
If there be one try to find it.  
If not never mind it.*

**TS** Church this morning I want us to clearly see that worry is a tool of Satan to separate us from our God, and that God calls us to trust in him.

**Reading:** Matthew 6:25-34

## Lesson:

### I. Let's talk about 5 Causes of Worry Solutions in Point # 3

#### 1. Cause # 1, is Wealth

-In Matt. 6:19-24

- the discussion about worry is set against the backdrop of wealth

*19"Do not store up for yourselves treasures on earth, where moth and rust destroy, and where thieves break in and steal. 20But store up for yourselves treasures in heaven, where moth and rust do not destroy, and where thieves do not break in and steal. 21For where your treasure is, there your heart will be also.*

*22"The eye is the lamp of the body. If your eyes are good, your whole body will be full of light. 23But if your eyes are bad, your whole body will be full of darkness. If then the light within you is darkness, how great is that darkness!*

*24"No one can serve two masters. Either he will hate the one and love the other, or he will be devoted to the one and despise the other. You cannot serve both God and Money.*

-Luke 12: 13-34

-Puts this between the story of the Rich Fool & Verse 34 that says where your treasure is there your heart will be also.

-Physical things of this life often times consume us!

-Our desires

-The placement of our Treasures

\*All require great maintenance and care

-Often these physical things become our focus and our concern

-They put our focus on self instead of God

#### 2. Cause # 2 is the Perception of what is happening around us (Matt. 6:25)

-You Know is the Glass ½ full or ½ empty sort of thing.

-How many of you ladies wash dishes.

-Is it your favorite thing to do? NO!

-What if you had to do all the dishes of a lifetime in one washing?

-Overwhelming Right?

-If you take it day at a time it is really not so bad.

-Criticism ....Have you heard the expression “No one kicks a dead dog”  
-Other peoples views may be right sometimes but not always.

-2 Kings 6 ...The King of Aram sent his troops to capture Elisha  
-Elisha and his servant find themselves trapped in a city  
-Servant was worried and discouraged

**-Its been said that man is not hurt so much by what happens to him as his perception of it.**

3. Cause # 3 is the Desire to Control (Matthew 6:27)

-Luke 12:32 links it to Fear of Failure  
-Sometimes we are scared that we are not good enough  
-Sometimes it is just plain selfishness  
-Have you seen an hour glass.  
-No matter what you do only one grain at a time can pass through  
The neck of the glass  
-Yet we will set there and shake it and try everything to make it go  
faster.

4. Cause # 4 is not being content

-We live in a world that just always has to have more.  
-Satan uses this against us  
-Keep up with the Jones  
-Often it is a self destructive proposition  
-We go and buy stuff just because we can  
-Sleepless nights keeping track of all this stuff.  
  
-We find ourselves not content with yesterday  
-My friends all the kings horses and all the kings men can't put the  
past together again. ....Let it go  
- Tomorrow..haunts us  
-James 4:13 Lets go to this city for a year and make money  
  
-God suggests that:  
-Our main business is not to see what lies dimly at a distance, but  
to do what clearly lies at hand.

5. And Finally Worry is a lack of trust in God. (Matthew 6:30)

## II. Now let's talk about 5 Affects of Worry

1. Worry takes our focus off God.
  - Luke 10:38-42
    - Martha worried about Mary listening to Jesus
    - Jesus tells her only one thing is needed
    - Mary choose better thing
2. Worry Chokes out God's word in our hearts
  - Mark 4:19 in the parable of the sower
3. Worry weighs us down (Luke 21:34)
  - It destroys our concentration!
4. Worry leads us in the same direction as the Pagans (Luke 12:30)
5. Worry is Sin
  - Matt 6:25 Jesus said not to do it. & Phil 4:6
  - Shall we remember that Sin is utterly repulsive to God.

## III. Finally let's look at some Solutions to Worry

1. Do not let your wealth consume your life
  - Worship the creator not the created
  - God doesn't want us serving wealth he wants us to be stewards of it.
  - 1 Tim. 6:10 Realize that the love of money is the root of all sorts of evil
2. Perception
  - Keep a check on the way you understand things
    - Realizing Satan uses false perceptions against us
  - 2 Kings 6 "Open the eyes of our heart"
    - See what is real
    - Keep your spiritual eyes clear
  - If your doing something engaged in life criticism will come.
    - Often it is by people who see you as a threat in some way
    - Criticism is really a complement
      - Not to be worried about but used for gain.
      - Well accepted
    - Know that you are valuable
    - Created and cared for by a loving God
3. Let yesterday and tomorrow worry about themselves
  - Give us this day our daily bread
  - God will take care of all our yesterdays and tomorrows as well
  - \*Wash only today's dishes**

4. Understand that Control is really an illusion
  - Matt 6:27 Who by worrying can add a single hour to life....worry won't change a thing
  - Control may make you feel safe but it hurt yourself and others around you.
  - Time and again when man meets God he says do not fear
  - God controls everthing
    - Isa 40 shows his Sovereignty
  - Not being in control is an adventure
    - enjoy life trusting God
  
5. Be Content
  - Here lies the truest of life treasures
    - Finding contentment in all situations.
    - Phil 4:11 Paul talks about being content in whatever circumstances you find yourself.
  
  - 2 Cor 12:9 God tells Paul his Grace is sufficient
  
6. Trust in God
  - Luke 12:30 He knows your needs before you even ask
  - Walk with God
    - There is no worries around him
  - 1 Peter 5:7 Casting your anxiety on him because he cares for you
  
7. Luke 12:31 "Seek first his kingdom and all these things will be added to you"

**Conclusion:**

While in Oklahoma this week there was a major ice storm. This is really hard on trees because of the weight. It usually breaks lots of branches off the trees. Especially the hard wood trees like oaks and ash trees. They are so hard and ridged and they are not flexible hardly at all. The willow tree is different. You know why? The willow tree is soft and quite flexible it bows gracefully under pressure and keeps itself together.

Serenity prayer is one of my favorites .....

- It says God grant me the serenity to:
  - Accept the things I cannot change
  - The courage to change the things I can
  - And the Wisdom to know the difference

This morning maybe there are those here who need to just give it all to God.

- Are your burdens great?
- Jesus says come to me you who are heavy laden and I will give you rest.

