

Introduction:

1. One of the worst things to do with our time is WORRY! Jesus says, “*And who of you by being worried can add a single hour to his life?*” Matthew 6:30. Worry makes matters worse.
2. How can we stop worrying and start living?
3. There’s a distinction to be made between WORRY and CONCERNED. Let’s consider.

The Lesson:

I. Consider these terms

A. *Let’s first consider Worry. To be anxious, troubled with cares.*

1. Worry weighs a person down, Proverbs 12:25.
2. Worry is a result of little faith, Matthew 6:30.
3. Worry is one tormenting themselves with disturbing thoughts (Dictionary.com).
4. Sometimes people are described as being in a “State of Worry.” Fear is often the fuel.
5. Worry shuts God out of the equation because the person is depending on themselves.
6. Worry leads to a negative action.
7. Worry gets in the way of seeking God’s kingdom first, Luke 10:38-42. “Satan doesn’t really care if we seek God’s kingdom and righteousness. Martha did. He only cares that we don’t seek them first. He is happy when we spend our days anxiously worried about our food and clothing budget. He doesn’t mind if that is the only thing between us and God. It only takes one thing. At least, that’s what Jesus told the rich young ruler in Luke 18:22, ‘This one thing you lack.’

B. The word “worry” and “concern” in scripture come from the same Greek word.

1. One has said, “*The difference between the two is how we face the trouble. How you handle a situation and how you think about it is where the distinction can be made.*”
2. Paul had great concern for the churches, 2 Corinthians 11:28. Yet he prayed to God for the churches, Philippians 1:2-3; Colossians 1:9. He checked on them. He visited them.
3. One may be concerned but will hand it over to God, 1 Peter 5:7; Philippians 4:6-8.

II. How to stop worrying about the past

A. Christian can worry about their past. Some worry if they truly have been forgiven of their sins.

1. How do we handle these worries? King David is a great case study.
 - a. He committed sin, 2 Samuel 12:7, 13.
 - b. He confessed and repented, Psalm 32:1-5; Psalm 38:18.
 - c. He was forgiven by God, 2 Samuel 12:13.
 - d. He had consequences to endure, 2 Samuel 12:14.
 - e. He moved forward! “Can I bring him back again?” 2 Samuel 12:23-24

B. Have we addressed our sins from the past? Have we confessed and repented?

1. Have we been saved from our sins by obedience to the gospel? If not, then yes, worry!
2. If so, we can be confident our sins are forgiven and we are right with God, 1 John 1:9.
3. Peter is another great case study. He lied about knowing Jesus. How does one move on from that? He returned to Jesus, John 21:14-19. He moved forward.
4. The apostle Paul did the same, Acts 9:18-24. He wasn't worried if he had been forgiven. He recognized he was chief of sinners, 1 Timothy 1:15-16. He also realized God'
5. We must trust what God says! God can not lie, Titus 1:1-2. When we obey Him, believe when He says you are forgiven. Living in the past will not help us today.

III. How to stop worrying today

- A. Consuming today with worry is not well-pleasing to God.
 1. There are many worries one can be consumed with today.
 2. Our children's faith, strained relationships, the economy, disease, or the fear of death.
- B. How can we stop worry today?
 1. *Stay in today, Matthew 6:11.* Today is all we have.
 2. *Seek His kingdom and righteousness, Matthew 6:33.* Hunger for His righteousness.
 3. *Cast your cares to the Lord,* 1 Peter 5:7. Pray for what you need today, Matthew 6:11.
 4. *Lay-up treasures in heaven,* Matthew 6:19-21. Share and focus on others, Luke 12:25.
 5. *Act on what you can do today,* Matthew 5:23-24; Luke 16:1-8. Observe a problem, include God in the problem (prayer, counsel from His word, brethren) and act.
 6. *Observe God's creation and word,* Matthew 6:28.
 7. *Meditate on the promises of God, Philippians 4:6-8.*

IV. How to stop worrying about the future

- A. Jesus tells us not to worry about tomorrow, Matthew 6:34. Each day has enough cares.
 1. Jesus doesn't say, "Don't plan for tomorrow." See Luke 14:26-28; Genesis 41.
 2. The future is where many worries are found. Money is a big worry.
 - a. We can't serve both God and money. Our loyalty must be with God, Matt. 6:24.
 - b. Wealth is deceiving. It can quickly disappear, Matthew 6:19-21.
 - c. We need healthy eyes where our focus is on God, not wicked things, verse 23.
 3. Our trust, therefore, must be in God. He will provide for our needs today and tomorrow.
 4. One has said, *"I think a greater problem for many is not that they disbelieve He will provide the necessities. Rather, they know He didn't promise the luxuries."*
- B. We must view the future acknowledging certain realities. What might these be?
 1. God is in control, and we are not, James 4:13-16.
 2. Certain things will happen in the future, like death, Hebrews 9:27. Prepare and trust.

Conclusion:

1. Trust in the Lord with all your heart and lean not on your own understanding.
2. There are plenty of things to do with our time for the kingdom! Worry is not one of them.