THE PROBLEM OF WORRY
Phil. 4:6; Matt. 6:25

INTRODUCTION:
1. WORRY--a troubled state of mind; anxiety; distress; care
2. God plainly tells us not to Worry about the things of this life.
3. He tells us to cast our care upon Him -- I Pet. 5:7 "Give all your worries and cares to God"
4. Even though God has said this to us, we find that one of our everyday problems is "Worry".
5. Every Christian must work daily to overcome worry, and to keep it from overcoming him.
6. There are outside influences that encourage and prod us to be anxious and gloomy, but we do not have to open our hearts to the pressures which are sure to torment us.
7. WORRY becomes a HABIT that takes hold of us.
   (1) We teach our children to worry.
   (2) Many are like Martha-- they are "careful and troubled about many things" -- Luke 10: 38 - 42

I. THE EVIDENCE OF WORRY IS SEEN EVERYWHERE WE TURN.
1. Worried, anxious people are usually touchy, impatient and irritable.
2. The worried man has the furrowed brow and set jaw, and is always on the move.
3. Worry brings on nervous breakdowns, stomach ulcers and heart trouble.
4. People worry about things that have already happened.
   (1) To worry about the past is like trying to put the toothpaste back in the tube, or trying to put spilt milk back in a glass.
   (2) Past deeds cannot be undone.
   (3) If the past involves SIN -- obey the conditions of pardon and God will abundantly forgive -- Isa. 55:7; Heb. 10:17; I John 1:9
   (4) When God forgives, forgive yourself -- Phil. 3:13
5. People worry over things that will inevitably happen:
   (1) Some people worry about their children marrying,
   (2) People worry about dying -- Heb. 9:27
   (3) Some worry about growing old -- II Cor. 4:16; 5:1
6. Many people worry over the future -- Heb. 13: 5 - 6; Matt. 6: 25 - 30
7. People worry over money -- Psa. 37: 25; I Tim. 6:17

II. THE LORD TEACHES US SOME IMPORTANT TRUTH ABOUT WORRY IN MATTHEW 6: 24 - 34
1. Worry is DISTRUST in God's love, concern, wisdom and power -- Matt. 6: 26
2. Worry is FUTILE -- Matt. 6: 27
3. Worry is PROHIBITED -- Matt. 6: 25, 31,34
4. Worry is FAITHLESS -- Matt. 6:30
5. Worry is HEATHENISH -- Matt. 6:32
6. Worry denies that God is sensitive to our every need -- Matt. 6:32; 6:8

III. WHY WORRY IS A SIN

1. It disregards the commandment of God NOT to Worry -- Matt. 6:25; Phil. 4:6
2. Worry deters from duty and is a futile waste of time.
   (1) 40% of what we worry about never happens.
   (2) 30% of what we worry about is in the past and cannot be changed.
   (3) 22% of what we worry about are petty things.
   (4) 8% of what we worry about is legitimate.
   (5) Eph. 5:16
3. Worry impairs the health
   (1) John Hopkins University, after exhaustive tests, concluded that worry is one of the most destructive forces in robbing us of our health.
   (2) The British Medical Journal says: "There is not a tissue of the human body wholly removed from the influence of the spirit."
   (3) Things that worry causes:
     1. Unusual fatigue
     2. Asthma
     3. High blood pressure
     4. Stomach ulcers
     5. Heart problems
     6. I Cor. 6:19 - 20
4. Worry is a robber, robbing one of joy, happiness, and peace.
   (1) Phil. 4:6; 4:4
5. Worry keeps our prayers from being answered.
   (1) Worry is a lack of faith -- James 1:5 - 7

IV. HOW TO OVERCOME WORRY

1. Make up your mind you are going to conquer worry with the Lord's help -- Phil. 4:13
2. Be sure you have the right relationship with God and man.
   (1) Be in fellowship with God -- I John 1:7 - 9
   (2) Don't be at "outs" with your fellowman -- Matt. 5:23 - 24
3. Do what you can and turn the rest over to God -- I Pet. 5:7
   (1) We should not worry about what we cannot help.
4. Live one day at a time -- Matt. 6:34
   (1) Yesterday is gone
   (2) Tomorrow is unborn
   (3) Live Today -- Matt. 6:34

5. Cultivate a faith and realistic trust in God and His promises.
   (1) II Pet. 3:9
   (2) Heb. 11:6
   (3) Matt. 6:33
   (4) Rom. 8:28
   (5) I Pet. 5:7
   (6) Heb. 13: 5 - 6

6. Engage in purposeful work.
   (1) Gen. 2:15; 3:19
   (2) I Tim. 5:8

7. Transfer your care to more worthy objects
   (1) Make the church and its work the chief object of your care and concern -- Matt. 6:33

8. Live your life free from a sense of guilt and shame
   (1) Live free from sin in your life by obeying the Lord’s "second law of pardon" -- Acts 8: 22; I John 1:9
   (2) Avoid secret sin -- Psa. 19:12

9. To conquer worry we must forget the past -- Phil. 3:13

10. Another thing necessary in subduing worry is an acceptance of self.
    (1) We all have different degrees of ability -- Matt. 25: 14 - 30
    (2) We should not worry over what we do not have.

11. We overcome worry by taking our problems to God in prayer.
    (1) Phil. 4:6; I Pet. 5:7
    (2) Psa. 55:22

CONCLUSION:
1. To show the folly of worry I might ask, "What were you worrying about a year ago today?"

2. Let us all make up our minds that we are going to trust in the Lord and overcome worry.