

“To Conquer Worry . . .”

- Intro
- 1) People usually asking questions of Jesus
 - a. But one day – Jesus asked a question of them.
 - b. Mt. 6:27 – “Which of you, by being anxious, can add one cubit to his height (or to the measure of his life?)”
 - 2) Jesus was teaching a lesson on living life free from the tension of worry.
 - a. Paul said, “Be anxious in nothing” (Phil. 4:6)
 - b. Jesus said, “Be not anxious for your life” (Mt. 6:25)
 - c. What is God saying? “You’ve got to conquer worry!”
 - 3) Why did Jesus and Paul think we needed to learn this lesson?
 - a. Furrowed brows
 - b. Set jaws
 - c. Anxious stares
 - d. Nervous twitches
 - e. Sleepless nights, nervous stomachs, introversion.
 - 4) As Paul said, “These things ought not so to be!”
 - 5) There are two things about which one should not worry.
 - a. That which cannot be remedied – accept it.
 - b. That which can be remedied – get busy.
 - 1) Ecc. 9:10 – “Whatever thy hand findeth to do, do it with thy might.”
 - 2) II Thes. 3:10 – “This we command you, that if any will not work, neither shall he eat.” (If one will not labor for solution of problems – deserves the consequences.)
 - 6) What then can we do to Conquer Worry?

I. Forget the Past

A. Phil. 3:13 – “This one thing I do, forgetting those things which are behind and reaching forth unto those things which are before, I press on . . .”

1. Why was this principle important to Paul?

a. He had made enough mistakes to drive him crazy (if dwelt upon).

b. So – he put them behind him.

2. Some things must be “chalked-up” to “experience.”

a. I Tim. 1:13 – “. . . I did it ignorantly.”

b. Acts 23:1 – “. . . lived in all good conscience . . .”

c. You experienced if you sinned – now put it behind you.

B. We should learn to pray this prayer each night: Consequences are faced today – yesterday’s sin is behind.

1. “Father – you gave me this day. It is now expended.
If I have made mistakes, forgive me.
If I have won victories, I humbly give you thanks.
But, Father, for good or for bad, this day is over,
I am through with it.
I am giving it back to you. I hope to do good tomorrow.”

2. This spirit will conquer any worries which haunt us from the past.

II. (. . . to conquer worry) Live life one day at a time.

A. Mt. 6:34 – “Be not anxious for tomorrow, for tomorrow will be anxious for itself. Sufficient unto the day is the evil thereof.”

B. Life becomes unbearable if we try to live it “in the lump.”

1. Why not eat at once all you shall in future?

2. . . . sleep . . . ?

3. The body can only take one day at a time.

4. Why do we try to solve next year's problems before they even happen?
5. I once heard about a man with a hurt back – he figured up number of times he would have to tie his shoes until he was 70. It was too much for him – committed suicide.
6. No one able to bear burden of all the future.

C. Some have misunderstood Jesus' teaching.

1. "Don't prepare for the future?"
2. No – but –
 - a. The best preparation for future is to do one's best today.
 - b. To worry about tomorrow ruins today & tomorrow too.

III. Accept Your Limitations

A. Mt. 25:14-30 – God has given us each different talents.

1. One talent man.
 - a. Expected to accept it and use it.
 - b. Not – uselessly worry over what he does not have.
2. A lady once said, "The happiest day of my life was the day I stopped trying to be beautiful."

B. When we accept self – we turn obstacles into stepping stones rather than worrying about them.

1. Fanny J. Crosby – blind at 6 weeks of age.
2. She once said, "I am the happiest soul living. If I had not been deprived of sight, I would never have received so good an education, not cultivated so fine a memory, nor have been able to do good to so many people."
3. How much better than resentment and bitterness.
4. Attitude makes all the difference.

- a. We will never be any different
 - b. Unless we think differently.
5. Curing worry – not an outside problem.
- a. No outside circumstance can prevent worry.
 - b. But – the proper mental outlook enables us to convert difficulty into blessings.
6. If you cannot accept yourself and your circumstances, you will never know peace.

IV. Accept God

- A. Worry is only a symptom of a much greater spiritual ailment – a lack of faith in God.
- B. Coins we carry say – “In God We Trust.”
 - 1. Does that mean anything to you?
 - 2. Our problem – to get them inscribed on our hearts.
- C. This is God’s Command:
 - 1. “Trust in the Lord with all thine heart” (Prov. 3:5)
 - 2. I Jn. 3:23 – “This is his commandment, that we should believe on the name of his son Jesus Christ.”
- D. To many – their God is too small.
 - 1. How big is your God?
 - 2. Big enough to keep his promises?
 - a. Mt. 6:13 “Seek ye first his . . .”
 - b. Phil. 4:19 “My God shall supply every need of yours according to his riches in Glory in Christ Jesus.”
 - c. I Pet. 5:7 “Cast all your anxiety upon him, for he careth for you.”

- d. Rom. 8:28 "All things work together . . ."
- e. Mt. 28:20 "Lo, I am with you always . . ."

E. You want to know the real problem?

We don't want anything to change – We like the status quo.

1. We want God to:

Provide for our needs, care for us, work everything out, mold our lives.

2. As long as:

We don't have to give up anything or learn any lessons in humility.

Concl. 1) Worry can be conquered if:

- a. We accept God's care and obey Him.
- b. Accept our limitations.
- c. Live one day at a time.
- d. Forget the past.

2) Close with poem:

"God holds the key of all unknown,
And I am glad!
If other hands should hold the key,
Or if he trusted it to me,
I might be sad.
ENOUGH; this word covers all my want,
And so I rest;
For, what I cannot, he can see,
And in his care I sure shall be
Forever blest."

- *John Parker*