

# **Worry**

## **BIBLE PASSAGE – Matthew 6.25-34**

Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more than food, and the body more than clothes? Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they? Can any one of you by worrying add a single hour to your life?

'And why do you worry about clothes? See how the flowers of the field grow. They do not labour or spin. Yet I tell you that not even Solomon in all his splendour was dressed like one of these. If that is how God clothes the grass of the field, which is here today and tomorrow is thrown into the fire, will he not much more clothe you – you of little faith? So do not worry, saying, "What shall we eat?" or "What shall we drink?" or "What shall we wear?" For the pagans run after all these things, and your heavenly Father knows that you need them. But seek first his kingdom and his righteousness, and all these things will be given to you as well. Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.

I write this to myself as well as you – don't worry! You know worrying can get you nowhere. Take a look at these facts:

### **Stress/Worry – What we can and cannot control – As a percentage**

- Past events we can't influence (45%)
- Future events we can't influence (40%)
- Future events unlikely to influence (5%)
- Future events we can influence (5%)
- Past events we have influence over (eg in our mind) (5%)
- Total we can influence – only 10%

So we can only influence 10% of the things we worry about. Life in Christ is not about a life where there is no fear, no worry – but rather a life where we overcome worry and fear through Jesus and the Word of God.

'You cannot add any time to your life by worrying about it' (Youth Bible)

## **The Bible Says**

Speak these lines out loud and remember them:

**'I can do all things through Christ who strengthens me' – Philippians 4.13**

**The Lord who delivered me (in the past) will deliver me (in the future) – 1 Samuel 17.37**

**No one will be able to stand up against you all the days of your life. As I was with Moses, so I will be with you; I will never leave you nor forsake you. Be strong and courageous, because you will lead these people to inherit the land I swore to their forefathers to give them. Be strong and very courageous. Be careful to obey all the law my servant Moses gave you; do not turn from it to the right or to the left, that you may be successful wherever you go – Joshua 1.5-7**

Even if these verses were spoken to Bible characters, they are applicable to all of us today. God is with us, we should not waste time worrying about pointless things. It's hard but true. Just think of the liberty it would bring you!

Steep your life in God-reality, God-initiative, God-provisions. Don't worry about missing out. You'll find all your everyday human concerns will be met. Give your entire attention to what God is doing right now, and don't get worked up about what may or may not happen tomorrow. God will help you deal with whatever hard things come up when the time comes. (The Message)

I love this paraphrase. It says: don't just live for God, steep, immerse, fill your every bit of self with God. Experience and see, feel God in the fact that he is real, let your inspirations and thoughts come from God and know that God will provide for your every need.

## **Confront your fears – what do you worry about?**

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**Are you the kind of person who has to worry about something?  
How do we deal with this?**

## **Ministry Prayer – may need to change words and say this more than once**

Prayer: Lord, I admit that I worry about loads of things and that it wastes time and energy. Lord I recognise that worry is not from you Lord so I want to take captive every thought, every worry.

I reject worry and fear from my mind today and every day. Instead I choose for you to fill my every part, I choose to serve you, to seek your Kingdom and your will. As I seek you, please fill me with your Holy Spirit daily continually and deliver me from worry. Amen.

### **The Bible Passage From Matthew – Questions and hints**

1. Don't worry about the food, drink or clothes you need. Does this mean eat what you like, drink what you like and don't worry? If not, what does this mean?

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(HINT: The Bible hints towards not agonising over food, clothes, drink. It doesn't say don't ever think about what you eat, we need to remember that our bodies are temples of the Holy Spirit and we need to look after our bodies in terms of what we eat and drink. This is partly about trusting God, not self).

2. What do you learn about how much God cares for you?

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(HINT: Look at flowers, plants, animals and look how decorated, beautiful and carefully crafted they are. You are more important to God than these things.)

3. What do you learn about God's character?

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(HINT: God longs for you to love him and put him first. God loves you, cares and provides for you in every way. God makes beautiful things, crafted to perfection.)

4. What should our priority be?

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(HINT: God's Kingdom, doing what God wants, putting God first and trusting in him)

5. Should we live day-to-day and not plan for the future on the basis of verse 34? What does it mean?

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(HINT: No, the Bible says don't worry about tomorrow, it doesn't say don't plan for tomorrow!)