

WHY DO YOU WORRY? Text: Luke 12:22–34

—Bill Turner

‘Let not your heart be troubled, neither let it be afraid’

1. **We have all experienced the terrible grip of worry, anxiety and fear.**
 - a. The Great Men and Women of Faith in the Bible experienced it
 - b. Abraham was afraid for his life / Joseph was afraid for his life / Queen Esther...
 - c. Elijah, Job, David, Peter all experienced worry, anxiety and fear
 2. **But they had someone Greater to turn to—they had God!**
 - a. Think of those who do not know the Lord and who do they turn to with their fear and worry?
 - b. And Why Do We Worry—Even Though We Know Jesus Said Not To?!
 3. **Jesus will guide us in how to overcome worry, anxiety, fear and doubt**
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I. 4 ELEMENTS OF WORRY

A. WORRY IS DESTRUCTIVE (v.22, 29)

1. **v.23 Greek: μεριμνάω (*merimnaō*) – to worry, to have anxiety...**
 - a) Our English word worry is an Anglo-Saxon word that means **“to strangle.”**
 - b) *Expressed in Luke 8:14 “when they have heard, go out and are choked with cares, riches, and pleasures of life, and bring no fruit to maturity.”*
 - c) It means: “to divide, to be pulled in different directions, to strangle, to choke.”
2. **v.29 Greek: μετεωρίζω (*mētēōrizō*) – to be anxious...**
 - a) “to be torn apart,” – also a “doubtful mind”
 - b) it means “to be held in suspense.” meaning a mind that cannot rest
 - c) Think of keeping multiple spinning plates suspended in the air.
3. **Worry will strangle you by the throat and Rob You of Your Joy if you let it...**

B. WORRY IS DECEPTIVE (v.23–28)

1. **Worry presents a False View of Life, of Yourself and of God...**¹
 - a) **An ARROGANT Person Will Find Something to Feel Arrogant About**
 - b) **An ANGRY Person Will Find Something to be Angry About**
 - c) **A JEALOUS Person Will Find Some Reason to be Jealous About**
 - d) **A NEGATIVE Person Will Find Something to be Negative About**
 - e) **A WORRIED Person Will Find Something to be Worried About**
 - f) **An ANXIOUS Person Will Find Something to Be Anxious About**
2. **THIS IS THE STORY THAT THEY TELL THEMSELVES...**
 - a) **Ex: Some people REDEFINE REALITY in a way in which they are Never Wrong**
 - (1) They are never wrong because they have redefined right and wrong...
 - (2) Right is what Meets Their Needs and wrong is what Doesn't Meet their needs.
 - (3) So Even When They're Wrong—They're Right — and You Are Wrong!

¹ Warren Wiersbe notes the destructive and deceptive nature of worry, Bible Exposition Commentary

b) Same Can Happen to an Anxious Mind—they have Redefined Reality

- (1) Something bad is going to happen... so now they are Suspicious and Nervous
- (2) So even if something good happens, then there must be something bad about it
- (3) So we need to control everything & everyone so something bad doesn't happen

“Worry is a thin stream of fear trickling through the mind. If encouraged, it cuts a channel into which all other thoughts are drained.” – Arthur Somers Roche

3. BIRDS: (v.24-26) Think of the massive Supply Chain Logistics necessary to feed all the birds of the world!

- a) ASTRONOMY: The Distance of the Sun to the Earth / The tilt of the Earth's Axis
- b) METEOROLOGY: The evaporation cycle / the rain cycle / the temperate zones
- c) BIOLOGY: of tens of thousands of varieties of birds
- d) MIGRATION: from arctic to temperate zones [from. K-Falls to Brazil & Panama!]
 - There are millions and millions of birds, who are healthy and happy.
 - Without hypertension, ulcers, stress-related disease, or paralyzed by worry...
 - They stay busy: Foraging for food, feeding & caring for their young, building nests

4. FLOWERS: Think of the Intelligent Design of Creation! (v.27-28)

- a) MICROBIOLOGY: Pollen, Seeds and Soil and Bees which Pollinate Plants
- b) BOTANY: of Millions of Plants Varieties for Nourishment and Medical properties
- c) PHOTOSYNTHESIS: Plants absorbing Sunlight and converting CO₂ to O₂ Oxygen
for us to breath fresh clean air
- d) LIFE CYCLES: of Seed time and harvest

C. WORRY IS DISMISSIVE (v.29-30)

1. Dismissive of the Beauty of Magnificence of God's Creation...

- Dismissive of God's Perfect Knowledge and Power
- Dismissive that God would care more about His creation than His Children!

**2. But Unbelievers Don't Understand Any of this—
so to them—The Sky is Always Falling!**

- a) The Population Bomb was supposed to kill us all by starvation
- b) Then Global Cooling was to Lead to another Ice Age
- c) Then Global Warming would melt the Polar Ice Caps and We Would All Drown
- d) Acid Rain / Nuclear Winter / Take Your Pick /

**3. Those who want Emergency Powers Always Have to Have an Emergency!
—They Need You to Be in a Constant State of Fear!**

D. WORRY SPRINGS FROM A HEART OF FEAR & DOUBT

1. Which is why Jesus said this kind of Worry is a Lack of Faith (v.28)
2. We are not called to a heart of fear but a heart of faith
3. And Faith realizes that God already knows our needs (v.30)

*Neil Anderson: “If what you believe is not based on truth,
then how you feel is not based on reality.”*

II. FIVE STEPS TO OVERCOME WORRY

Jesus tells us how to be free from the tyranny of worry...

A. Step 1: PUT GOD FIRST IN YOUR LIFE (v.31)

1. **Stop Worrying and Start Seeking the Kingdom of God**
2. **This pertains to priorities—Putting First Things First (Matthew 6:32–34)**
 - a) Notice He did not say: Seek First Your Eternal Life...
 - b) Seeking Eternal life is not first—the Giver of eternal life is first
 - c) Not Your Self-Righteousness—but His Righteousness
3. **Worry will wash away when God becomes the dominating power of our lives. (Isaiah 26:3)**
 - a) When We Put God First and His Kingdom and His Righteousness...
then everything else in life will settle into their proper place.
4. **When God is First—you won't have to worry about the big things...**
 - a) You Won't Have to Worry about IF You Are Saved...
 - b) You Won't Have to Worry about What Happens when you die
 - c) You Won't Have to Worry about the Past, or Present or Future

“Sorrow looks back, Worry looks around, Faith looks up” — Ralph Waldo Emerson

B. Step 2: LEARN TO LIVE ONE DAY AT A TIME (Mt 6:33-34)

1. **Stop Worrying About Tomorrow—So You Can Start Living Today!**
 - a) Our Lord is teaching us that we should handle the demands of each day as it comes,
 - b) without worrying about the unknown future and the things which may never happen.
2. **Worrying about tomorrow does not help either tomorrow or today.**

Winston Churchill, Prime Minister of Britain during WW2 reflected on his life...

“When I look back on all these worries, I remember the story of the old man who said on his deathbed that he had had a lot of trouble in his life, most of which had never happened.”

3. **Don't You Think God gives us one day at a time for a reason?**
 - a) When God's people were in the wilderness He provided food for them called Manna
 - b) they could only gather the amount of manna that they needed for each day.
 - c) If they gathered more it would rot overnight.

“No man ever sank under the burden of the day. It is when tomorrow's burden is added to the burden of today, that the weight is more than a man can bear.” (George MacDonald, author)

4. **We Have to Learn to Trust God Each Day — Day By Day.**
 - a) One man was reflecting the worry and stress that gripped him and he looked up at his wife who was doing the dishes and she was quietly singing to herself.
 - b) He couldn't believe the peace that she had, washing dishes and singing
 - c) It struck him and he thought, If my wife had known how many meals she would cook and how many dishes she was going to clean in the span of our marriage she would've never married me!

**“Worry does not empty tomorrow of its sorrow, it empties today of its strength.”
— Corrie Ten Boom, NAZI concentration camp survivor**

C. Step 3: STOP WORRYING AND START PRAYING (Phil 4:6–7)

1. Don't worry about anything but pray about everything
If Your Worrying Your Not Praying!
2. "Worry is a conversation you have with yourself about things you cannot control. Prayer is a conversation you have with God about things He can control." (Unknown author)
3. When Jesus said that some people are choked with the cares of life, it is the same greek word in (1 Peter 5:7).
4. Cast Your Anxieties on Him for He Cares for You!

D. Step 4: STOP DWELLING ON YOUR WORRIES AND START DWELLING ON THE TRUTH (Phil 4:8–9)

1. Eastern Meditation is emptying your mind of things...
But this just leaves a void waiting to be filled.
2. Biblical mediation is fill your mind with God's Word the Truth
 - a) This pushes out the worries of this life and focuses on the Truth
 - b) But if Cable News is on the TV all Day—why wouldn't you be worried?
 - c) Your not filling your mind with truth—it's being filled with constant tribulation

WORRY says 'I'm Worthless' — GOD says Your Precious (Isa 43:1, 4 ESV)

WORRY says 'I'm Hopeless' — GOD says You Have Living Hope (1 Pet1:3)

WORRY says 'I'm Alone' — GOD says You Are Not Alone (Mt 28:20)

WORRY says 'No One Cares' — GOD says I Care (1 Peter 5:7)

WORRY says I'm Afraid — GOD says Fear Not (Isaiah 41:10 NKJ)

WORRY says I've Failed — GOD says Your Repentance gives Joy (Lk 15:7)

WORRY says: I Could LOOSE EVERYTHING.... GOD says: Seek first the kingdom of God & Everything you need will be provided for you

WHO ARE YOUR GOING TO TRUST? Your Anxieties or Your King?

E. Step 5: STOP WORRYING AND START HELPING (12:32-33)

1. When times are difficult—the love of many grows cold
2. When we are worried about ourselves we are less likely to help others
3. In other words: Stop hoarding and start helping
4. Stop Fearing and start trusting
5. If we only focus on Self—we will worry. If we focus on helping others we will find joy knowing we are doing what is right, and good.

"Remember, today is the tomorrow you worried about yesterday." –Dale Carnegie

CONCLUSION:

1. "These things I have spoken to you, that in Me you may have peace. In the world you will have tribulation; but be of good cheer, I have overcome the world." (John 16:33)
2. Jesus said: (John 14:27)