

## "WHY TRUST GOD WHEN YOU CAN WORRY?"

{Matthew 6:25-34}

Trinity Presbyterian Church

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What are you worrying about this morning? And...how do you think you can resolve any issue through worry?

Recently my mom told me that she had been awake all night worrying about an error made on her telephone bill of \$20.00. I asked her if she'd solved anything by tossing and turning for eight or nine hours? Then I reminded her of a song that we used to sing: "Cheer up ye saints of God there's nothing to worry about; Nothing to make you feel afraid, nothing to make you doubt. Remember Jesus never fails; so, why not trust Him and shout? You'll be sorry you worried at all tomorrow morning!"

I'm not sure that mom appreciated my gospel ditty; however, we all worry and fret over such things, don't we?

We all need to remind ourselves of Bobby McFerrin's popular sing, "Don't Worry, Be Happy" from the Movie "Cocktails".

*"Here is a little song I wrote  
You might want to sing it note for note.  
Don't worry...be happy!  
In every life we have some trouble.  
When you worry you make it double...  
Don't worry...be happy!"*

In our scripture text of the morning (Matthew 6:25-34), Jesus confronts life's deepest personal problem—anxiety...fear!

One of the central themes of the Bible is "trust"...and when one truly trusts in God, they will have no reason to be anxious/fearful.

**"Trust in the Lord with all your heart; do not depend on your own understanding. Seek His will in all you do and He will direct your paths."** (Proverbs 3:5-6 NLT)

**"You will keep in perfect peace all who trust in You, whose thoughts are fixed on You!"** (Isaiah 26:3 NLT)

***“Don’t be troubled...trust God...trust Me! I am leaving you with a gift—peace of mind and heart. And the peace I give isn’t like the peace the world gives. So, don’t be troubled or afraid!”*** (John 14:1,26-27, NLT)

The last verse of that old gospel song, “Leaning on the Everlasting Arms” says...

***“What have I to dread, what have I to fear,  
Leaning on the everlasting arms?  
I have blessed peace with my Lord so near,  
Leaning on the everlasting arms!”***

In the verses that preceded the text Jesus made it clear that a person had to make a choice between two masters—and, **only when we make that decision on whom we will follow does He admonish us on how we should behave...**

***“Do not worry about your life...but seek first His Kingdom and His righteousness...!”***

#### THE AGE OF ANXIETY

Don’t worry...be happy...trust God! When we worry—when we’re anxious—it implies that we really don’t trust God. If indeed we’ve chosen to follow Christ and He’s given us the gift of peace of mind and heart—**what is our rationale for worrying?**

There’s a pathetic eagerness today to get away from fear and anxiety; however, people don’t know how or where to turn.

Peter wrote...

***“Give all your worries and cares to God, for He cares about what happens to you!”*** (1 Peter 5:7, NLT)

But, in spite all these wonderful verses, fear and anxiety are hallmarks of our time.

What are some of the things people fear most?

- ✚ What they do not understand
- ✚ The unknown

- ✚ Death and loneliness
- ✚ Failure
- ✚ Economy

Worry takes the joy out of life and makes us candidates for ulcers, colon cancer, depression, high blood pressure, and heart attacks. We live in a tranquilized society where people pop pills day and night to escape their worries.

### **JESUS IS THE ANSWER**

The words of Jesus keep jumping out at us—don't worry—don't be anxious. He knew something about life when He spoke these on the mount.

- ✚ ...He met disappointments
- ✚ ...He told parables of injustices
- ✚ ...He yearned to escape a cruel death—and did not have His way
- ✚ ...His words were preserved for us by disciples who knew the hard side of life

Modern answers don't address the resolution of the problem that grips us all.

### **WHAT JESUS DID NOT MEAN**

There are several things Jesus did not mean.

- ✚ He's not patting us on the back and saying, "*Don't worry, everything will come out all right!*" He knew things do not always turn out "*all right!*"
- ✚ He's not saying that God will step in to correct all our follies and omissions. Sometimes He assumes a place for prudent oversight {*as in the story of the builder in Luke 14—consider the cost before you begin construction*}.

- ✚ He is not saying that those who trust in God will never be injured or persecuted—He has already told us to expect—and rejoice in—persecution!
- ✚ He is not saying that we should ignore food—He has encouraged us to pray for our daily bread.
- ✚ He never criticized honest work.
- ✚ He is not saying that the lilies and the grass will live happily ever after.

Well then...

### WHAT DID JESUS SAY?

He tells us that our destinies are controlled by the God who remains ***“the same yesterday, today, and forever!”***—One in whom we can place our trust.

He tells us that we, who determine neither our births nor our deaths, are helpless; but, that if we trust Him, we tie our feebleness to an eternal power and purpose.

He tells us that if the goal of life is to keep the heart beating and the stomach expanding, we all fail before long; but, if we seek first God’s kingdom and His righteousness, we will be given all else that we need—NOT...immunity to hunger and pain and death, but CONFIDENCE in spite of them.

*Dr. Rollo May* in his book, “*Man’s Search for Himself*”—stated that “*the chief problem people face is emptiness!*” By emptiness he means lack of purpose, lack of power, and lack of direction.

So, you see, Jesus IS the answer.

...detached from God everything threatens our existence

...we are all finite—we are threatened on many sides—and

without HIM we are helpless with nothing to hold on to

Jesus says—trust God! Trust Me! That's the ONLY solution and resolution! Therein you find power...vitality...the ability to conquer fear and anxiousness.

What is He saying: TRUST OVERCOMES FEAR!

Are you facing some challenges in your life that are gnawing away inside you—TRUST GOD and be confident.

### CONCLUSION

Martin Luther heard and believed Christ was the answer to anxiety. Though he had his days of terrible doubt and depression, faith rose within him that he could conquer despair. Once when challenged by representatives of the Pope who threatened him with excommunication and possible death and said: *"Where then will a wretched worm like you be?"*

Luther replied: *"Then, as now, in the hands of Almighty God!"*

Now perhaps we understand a bit more what Jesus was saying in our text when He gave us two ways to over come worry/anxiety:

✚ ...seek first—concentrate upon—set your eyes firmly upon—the Kingdom of God which is alive within you. Worry will be banished when your sights are solely on Him.

✚ ...don't look back...make plans for—but don't worry about—tomorrow. Today's the most important day in your life; therefore entrust it into his hands and let Him lead you each step of the way!

Finally, remember—overcoming anxiety and fear comes when we realize how little power we have and how much spiritual power is available to us in Christ Jesus. No one can live this life free from anxiety

and fear in their own strength—but in Him we can overcome these fears—  
give them all to Him...and TRUST!

Give Him your worries and concerns this morning.