

# The Problem of Worry

## Introduction

Today I would like for us to begin a study of "The Problem Of Worry." The problem of worry is one of the biggest problems of our age.

- This century may go down in history as "The Age of Anxiety."
- Martha has many brothers and sisters in our time. (Luke. 10:41).

## Different Kinds Of Worry

### 1. People Worry About Things That Have Already Happened.

- How futile!
  - One should never try to saw sawdust.
  - Worry about the past is like trying to put the toothpaste back in the tube.
  - Past deeds cannot be undone and past words cannot be unsaid.
- If the past involves sin, obey the conditions of pardon and let God abundantly forgive. (Isaiah 55:7).

### 2. People worry about things that will never happen.

- How futile!
- Mark Twain said, "I have worried over a great many things in life, the most of which never happened."

### 3. People worry over things that will inevitably happen.

- How futile!
  - Some people worry about their children marrying and some worry they will not marry and leave.
  - Some people worry about dying and oddly some worry they will live too long.
  - Some people worry about growing old; but grow old they must.

- **Studies conducted by the University of Wisconsin reveal that 40% of the worries of people are over things that never happen, 30% are over the past and things that cannot be changed, 22% are over petty and needless worries, and only 8% are over things legitimate.**
- *It is much better to spend our time in prayer, study, meditation and useful activity.*

## **Sin Of Worry**

### **1. Worry is sin because it spurns God's commandment. (Matt. 6:25, 31, 34; Phil. 4:6).**

- This commandment is as essential as any other commandment.
- Yes, the Lord commands us not to worry, but He does not forbid us to give any thought for tomorrow.
  - A farmer who wants a crop must plant seed.
  - A contractor who wants to start a house in the morning must have a blueprint and materials.

### **2. Worry is sin because it impairs health.**

- She's worrying herself sick.
- Headaches, hives, fatigue, asthma, high blood pressure, stomach ulcers and a host of other illnesses can be caused by worry.

### **3. Worry is sin because it robs one of joy, happiness and peace.**

- Many wake up happy and much to be joyful about, but then they begin to worry.
- See Phil. 4:4; 1 Thess. 5:16; Prov. 17:22.

### **4. Worry is sin because it is prohibitive against prayer being answered.**

- For our prayers to be answered we must ask in faith (Jas. 1: 5, 6; Mark 11: 24).
- Worry is distrust in God.
- We must not be like the man who prayed to God for protection throughout the night; and, then stayed up all night to see if He would.

# Overcoming Worry

## **1. We must have absolute trust in God (Matt. 6:25-31; Phil. 4:6)**

- When faith weakens, our anxieties form.
- Jere. 17:7,8; Psa. 23:1

## **2. Acceptance of self prevents worry. (Matt. 6:27).**

- One cannot change height by worry.
- All do not have same talents and we must not worry if we are not as talented as someone else.
- All cannot be beautiful.

## **3. We must learn to live a day at a time. (Matt. 6:34).**

- Jesus warned we must not be anxious about tomorrow.
- He indicated each day has enough trouble of its own.

## **4. We must cast our burdens on Jehovah. (Psa. 55:22; 1 Pet. 5:7).**

## **5. Faith in Christ us helps to prevent worry. (Phil. 4:13).**

## **6. Realizing worry is a bad habit.**

- One man worried because he had forgotten what he was supposed to worry about.
- It can be a very addictive habit.

## **7. Realizing it is futile to worry about things we cannot change.**

- We should not worry about things we cannot change.
- We should not worry about things we can change.

## **8. Planning and making preparation helps overcome anxiety.**

- Battles are won by planning and preparation.
- Plan the work and work the plan - then there won't be so much to worry about.

## ***Conclusion***

- 1. We may never overcome all worry especially fleeting moments of worry that involuntarily enters our minds.*
- 2. We can by trusting God keep anxiety from dominating and destroying our thoughts and lives.*