

No Room . . . For Worry – Luke 12:22-31

So what do you worry about these days?

Kids, health, relationship, money, stock market, job, sports . . . ?

What is it that keeps you awake at night?

And that you wake up to in the morning?

If you're like most people, you avoid worrying about some things

But spin out of control on others

“What if; Imaginary conversations/confrontations; Worst case scenarios

Instead of crossing those bridges when we get there

We spend all this emotional energy creating bridges when there's nothing at all to cross

Nobody would disagree that worry is a bad thing

Degrades your health, decreases productivity

At its worst – paralyzes you

But one thing that's lost on us – our worry dishonors God

Write down the top one or two things you're worrying about these days

Or tempted to worry about

With that in mind – **read Lk 12:22-31**; Un-pack the truth of what Jesus said about worry

Therefore – just told them not to fear those who can kill your body, but not your soul

To not be anxious about what to say when in trouble

One's life does not consist in the abundance of possessions . . .

Anxiety and worry are different forms of the same word; Used 4x's

It's an excessive, unhealthy, unproductive concern for something

It doesn't make sense (v23,31)

Read v23 – Filling your stomach, completing your wardrobe, and putting a roof over your head, is not what this life is about

Those are *things* – lesser things

- Doesn't make sense to worry about lesser things, when greater things are at stake, like – Seeking God's kingdom (31) – place yourself under God's loving rule/reign

Advance his purposes in the world around you

That's what Jesus means when he says seek God's kingdom (31)

With things like that at stake, doesn't make sense to worry about lesser things

Not only that, but if God takes care of the birds and the flowers (lesser things)

How much more will he take care of you? (28) Way more!

Poem (Hughes II, 52; author unknown)

Said the Robin to the Sparrow, “I should really like to know

Why these human beings rush about and worry so.”

Said the Sparrow to the Robin, “Friend, I think that it must be

They have no Heavenly Father, such as cares for you and me.”

That's what we communicate when we worry

As children of living God, we act like we're fatherless; Like we are neglected orphans

If God values you and I far more than the rest of creation (24b); And takes care of *them*

Then he'll certainly take care of you!

It doesn't make sense to worry

Not only so, but . . .

It doesn't change a thing (v25-26)

Never has; Never will

Not even a little thing like adding an hour to the thousands of your life (25)

- Begs the question, and Jesus asks it –

If can't change even the smallest things by worrying, why try w/ bigger things? (26)

Answer is in v28 – O you of little faith

We worry because we lack faith

If I persist in worry, it's because I don't trust God

I don't believe that he is in control

I don't believe that he is capable of helping/providing for me

I don't really believe that he cares

I don't trust that his way is best, no matter how it turns out

I don't believe that his Word is true

Worry betrays a lack of faith/trust in God – it's as simple as that

Doesn't change a thing

- Tell you what worry *does* do – it loads the present with the weight of the future and creates an impossible burden

“When tomorrow's burdens are added to today's, the weight is more than a man can bear.” (George MacDonald)

Mt 6:34 – *Therefore do not be anxious about tomorrow, for tomorrow will be anxious for itself. Sufficient for the day is its own trouble.*

There are plenty of problems in the present; Does no good to borrow tomorrow's

I think this is one of the biggest reasons people struggle with depression and anxiety –

They worry, worry, worry – crushing themselves under their own weight

Instead of focusing on Christ in worship

Increasing their faith by reading the Word

Drawing on the strength of God's people through fellowship . . .

They take a pill that masks the symptoms, defers the crash, stunts their growth in Christ

There's no need to grow in faith, community, knowledge if you can take a pill and mask the symptoms

Worry/anxiety unnecessarily loads the present with the weight of the future, and pill or no pill, it doesn't change a thing

- Does that mean we shouldn't even think about the future?

No; How would we count the cost? (Jesus; Lk 14)

And make the most of every opportunity like Paul urges us to do

We *should* give forethought to the future

Should do *everything* we can to prepare

But once done, leave the results up to God – trust him

Otherwise it's nothing but fruitless, senseless worry – that doesn't change a thing

Worry doesn't make sense; It doesn't change a thing; There's no need for it because . . .

God knows (v29-30)

Read v29-31 – doesn't mean sit around like a deadbeat waiting for food to come your way

Means there's no need to *worry* about it, because God knows; He knows what you need

God knows – recurring/dominant theme throughout Scripture

Ex 2:25 – *God saw the people of Israel, and God knew*

Jer 29:23 – *I am the one who knows*

Nothing escapes his attention (good or bad)

Ps 139:1-6 – I can't even understand how God knows, but I know that he knows

God is not distant or unconcerned

He created you; Knows you; He knows your situation

Has a ton of experience dealing with people just like you and I (nations of world; 30)

He knows your needs

Right down to the very breath you breathe

Dan 5:23 – God holds your breath in his hand

He knows your thoughts, ways, words

He cares for you and I deeply

And yet we worry – what an offense that must be for him

What a sad tragedy

No wonder Jesus *commands* us not to worry (22, 29)

If you want to live a worry-free life . . .

1. Focus on God – his kingdom, purposes, presence, desires for you

2. Trust him – he knows; he really does have the whole world in his hands

3. Pray – get on your knees and pray until the worry goes away

Phil 4:6-7 – *Do not be anxious about anything, but in everything by prayer and supplication* [humble appeals] *with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.*

In other words – Don't worry, pray; And God's peace will follow

I have to remind myself of that constantly these days

Especially in light of our building, our growth, our future, our staff

Got on my knees as recently as yesterday morning because starting to feel heavy

Before I give you an update on the things I tend to worry about – let's **pray**

Spend a minute giving your worries to God

Ask him to show you the futility of it

Tell him you trust him

God forgive us for worrying; And help us not to