

## Finding Hope in Handling Worry Worry Tears You Up

### I. What Worry Is

#### A. The meaning of the word

merimnaw – “To divide, rip or tear apart.”

dictionary definition – “to feel distressed in the mind, be anxious, troubled, or uneasy.”

“An inappropriate concern about something in the future that you cannot control or that you cannot be sure will truly come to pass.”

#### B. Prohibited in Scripture

1. **v. 25** - *Do not be worried*

2. **v. 27** - *And who of you by being worried can add a single hour to his life?*

3. **v. 28** - *And why are you worried about clothing...?*

4. **v. 31** - *Do not worry, then...*

5. **v. 34** - *So do not worry...*

#### C. What about proper planning?

##### 1. God plans

**Jeremiah 29:11** - *“For I know the plans that I have for you,” declares the Lord, “plans for welfare and not for calamity to give you a future and a hope.”*

## 2. God instructs us to plan

**Proverbs 6:6-11** - *Go to the ant, O sluggard, observe her ways and be wise, which, having no chief, officer or ruler, prepares her food in the summer and gathers her provision in the harvest. How long will you lie down, O sluggard? When will you arise from your sleep? A little sleep, a little slumber, a little folding of the hands to rest—Your poverty will come in like a vagabond and your need like an armed man.*

## 3. God instructs us to plan, in a balanced way

**James 4:13-15** - *Come now, you who say, "Today or tomorrow we will go to such and such a city, and spend a year there and engage in business and make a profit." Yet you do not know what your life will be like tomorrow. You are just a vapor that appears for a little while and then vanishes away. Instead, you ought to say, "If the Lord wills, we will live and also do this or that."*

### D. How do you distinguish between proper planning and sinful worry?

1. Sinful worry places an inordinate amount of time on the future and therefore makes it impossible to face today's challenges today.
2. Sinful worry believes it knows what will happen in the future.
3. Sinful worry attempts to address possible problems in the future without the help and blessing of God.

## II. What Worry Does

### A. It divides your energy

**Luke 10:40** - *But Martha was distracted with all her preparations; and she came up to Him and said, "Lord, do You not care that my sister has left me to do all the serving alone? Then tell her to help me."*

**Luke 10:41-42** - *But the Lord answered and said to her, "Martha, Martha, you are worried and bothered about so many things; but only one thing is necessary, for Mary has chosen the good part, which shall not be taken away from her."*

B. It divides your focus

**Matthew 6:22-23** - *The eye is the lamp of the body; so then if your eye is clear, your whole body will be full of light. But if your eye is bad, your whole body will be full of darkness. If then the light that is in you is darkness, how great is the darkness!*

C. It divides your allegiance

**Matthew 6:24** - *No one can serve two masters; for either he will hate the one and love the other, or he will be devoted to one and despise the other. You cannot serve God and wealth.*

D. It divides your heart

**Matthew 6:19-21** - *Do not store up for yourselves treasures on earth, where moth and rust destroy, and where thieves break in and steal. But store up for yourselves treasures in heaven, where neither moth nor rust destroys, and where thieves do not break in or steal; for where your treasure is, there your heart will be also.*

E. Worry tears you up

### III. What Worry Needs

A. Acknowledgment

B. Shalom/Peace

**1 Peter 5:7** - *casting all your anxiety on Him, because He cares for you.*

**Philippians 4:7** - *And the peace of God, which surpasses all comprehension, will guard your hearts and your minds in Christ Jesus.*

C. Focus

**Luke 10:41-42** - *But the Lord answered and said to her, "Martha, Martha, you are worried and bothered about so many things; but only one thing is necessary, for Mary has chosen the good part, which shall not be taken away from her.*