

## **Finding Hope in Handling Worry Worry Wastes Your Time**

### **Introduction**

#### 1. Worry Tears You Up

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

#### 2. Worry Makes You Small

**Matthew 6:25** - *Is not life more than \_\_\_\_\_?*

#### 3. Worry Steals Your Hope

### **I. The Narrow Focus – Worrying About Death – It’s Unproductive – Matthew 6:27, Luke 12:25**

**Matthew 6:27** - *And who of you by being worried can add a single hour to his life?*

A. You cannot even add an hour to the length of your life through worry

B. The importance of you and I doing battle with our minds

1. **Ephesians 4:23** - *...be renewed in the spirit of your mind*

2. **2 Corinthians 10:5** - *...we are taking every thought captive to the obedience of Christ*

3. **1 Peter 1:13** - *Therefore, prepare your minds for action, keep sober in spirit, fix your hope completely on the grace to be brought to you at the revelation of Jesus Christ.*

4. **Philippians 4:8** - *Finally, brethren, whatever is true, whatever is honorable, whatever is right, whatever is pure, whatever is lovely, whatever is of good repute, if there is any excellence and if anything worthy of praise, dwell on these things.*

C. Applying God's principle of change and growth – Ephesians 4:22-24

Put Off	Put On
1. I know that I'm going to get a terminal disease.	1. I don't know if I'll ever get a terminal disease, but God does and I can rest in Him today.

French Philosopher Michel de Montaigne – “My life has been full of terrible misfortunes most of which never happened.”

C. H. Spurgeon – “Such strange creatures are we that we probably smart more under blows which never fall upon us than we do under those which actually come.”

**Ecclesiastes 3:1-2** - *There is an appointed time for everything. And there is a time for every event under heaven—a time to give birth and a time to die...*

D. You can make preparations about what will happen the moment you die

**2 Corinthians 5:8** - *...of good courage, I say, and prefer rather to be absent from the body and to be at home with the Lord.*

**John 1:12** - *But as many as received Him, to them He gave the right to become children of God, even to those who believe in His name,*

E. You can face even this topic with confidence and peace

**1 Corinthians 15:55-57** - *“O death, where is your victory? O death, where is your sting?” The sting of death is sin, and the power of sin is the law; but thanks be to God, who gives us the victory through our Lord Jesus Christ.*

**II. The Broader Focus – Worrying About Anything – It Wastes Your Time**

**Luke 12:26** - *If then you cannot do even a very little thing, why do you worry about other matters?*

A. Time that could have been spent praying

**Psalm 61:1-2** - *Hear my cry, O God; give heed to my prayer. From the end of the earth I call to You when my heart is faint; lead me to the rock that is higher than I.*

B. Time that could have been spent relying on God's resources

**2 Corinthians 12:9** - *And He has said to me, "My grace is sufficient for you, for power is perfected in weakness."*

**Philippians 4:19** - *And my God will supply all your needs according to His riches in glory in Christ Jesus.*

C. Time that could have been spent gaining wisdom

**Psalm 90:12** - *So teach us to number our days, that we may present to You a heart of wisdom.*

**Psalm 119:71** - *It is good for me that I was afflicted, that I may learn Your statutes.*

D. Time that could have been spent seizing opportunities

**Ephesians 5:15-16** - *Therefore be careful how you walk, not as unwise men but as wise, making the most of your time, because the days are evil.*

### **III. The Take-Aways – Don't Let Worry Waste Your Time**

A. To mothers – Proverbs 31

B. To all of us

**Psalm 139:23** - *Search me, O God, and know my heart; try me and know my anxious thoughts;*