

LOOKING AT LUKE
WORRY WARTS

Thursday, August 27

Reading: Luke 12

Luke 12:29 "And do not set your heart on what you will eat or drink; do not worry about it. **30** For the pagan world runs after all such things, and your Father knows that you need them. **31** But seek His kingdom, and these things will be given to you as well. **32** "Do not be afraid, little flock, for your Father has been pleased to give you the kingdom. **33** Sell your possessions and give to the poor. Provide purses for yourselves that will not wear out, a treasure in heaven that will never fail, where no thief comes near and no moth destroys. **34** For where your treasure is, there your heart will be also."

"Worry is faith in the negative, trust in the unpleasant, assurance of disaster and belief in defeat...worry is wasting today's time to clutter up tomorrow's opportunities with yesterday's troubles."¹ Does this quotation remind you of your life?

We all have a tendency to worry. In a study funded by the National Science Foundation, Dr. Walter Calvert revealed the following statistics:

- 40% of the things we worry about never happen
- 30% of our worries are about events in the past that we can't change
- 12% of our worries are unfounded health concerns
- 10% of our worries are over minor and trivial issues
- Only 8% of our worries are real, legitimate issues ²

This study suggests that 92% of our emotional energy is spent on things that won't happen or things we can't change.

Jesus was very clear when He taught about worry. He reminds us that worrying about the necessities of life puts our focus in the wrong place. God has promised to provide for His children and we can trust that He will do what He has promised. He is not condoning laziness while waiting for God to provide. He is encouraging us to place our lives in God's hands and refuse to worry about what God has promised to provide.

When we worry we are also thinking like the unbelieving world thinks. They are consumed with "things" and always worry about getting more. Jesus tells His followers that they are to be different. We should have an eternal perspective that makes His Kingdom our primary concern. This attitude focuses on trust in God's sovereignty. When we have our priorities right, we can trust that God will care for our needs. We may not become rich, but all we need for continued faith and service will be in abundance.

Jesus reminds us of two important lessons:

First, worry does not help in our life here on earth (12:25-26). In fact, worry can have a negative impact on a person's health, both physically and spiritually.

Second, worry detracts from our eternal life in the future (12:32-34). Worry makes us hold on to the things of this world so tightly that we miss opportunities for ministry that build our "treasures in heaven."

Let's stop being "worry warts" and "cast all your anxiety on God, because He cares for you" (1 Peter 5:7)

¹ quote from Walter Kelly @ <http://www.sermonillustrations.com/a-z/w/worry.htm>

² <http://activerain.com/blogview/30070/don-t-worry-about-it->