

OVERCOMING THE STRESS OF WORRY

Psalm 37:1-8

I. INTRODUCTION-

- a. Today we are going to look at what the Bible says... about overcoming the stress of worry.
- b. Some people are worry warts... some are not... but there will be times in our all of our lives... when we will all have to deal with worry.
- c. My favorite story about worry is one I have shared with you before ... One day two business executives... Ed and Gene... meet at for lunch... Ed asked Gene... “How’s your health?”... Gene said ... “I feel great! My ulcers are gone. And I don’t have a care in the world!”... “How did that happen?” Ed asked...and Gene replied... “Well, you know my doctor told me my ulcers were caused from worrying. So, I hired myself a professional worrier. Whenever something worrisome comes up, I turn it over to him, and he does all my worrying for me!”... Ed said ... “Wow, I’d like to hire someone like that! How much does he charge?”... “One hundred thousand dollars!” was Gene’s reply... Ed asked “How in the world can you afford \$100,000?”... Gene said ... “I don’t know. That’s his worry!”
- d. Overcoming worry is critically important... to living the joyful and effective Christian life.
- e. The Bible says a lot about worry... and the detrimental effect that worry can have on our joy... on our spiritual growth ... on our effectiveness and usefulness to God... on our ability to relate to others and to serve them in Christ’s name.
- f. In Matthew 13... Jesus said that worry is like a weed... that will choke the Word of God... the joy of God... and the work of God ...out of our lives if we allow it too.

II. A STUDY OF THE WORD WORRY-

- a. A study of the word “worry”... is very interesting.
- b. The New Testament word that is translated worry... is made up of a combination of two words.
- c. One of those words means “to divide”... the other means “the mind.”
- d. So, in the New Testament...to worry... is to have a divided or torn mind ... a mind that is in conflict and turmoil.
- e. Our English word “worry”... originally had the meaning to strangle or to choke... with a secondary meaning ... of being harassed ... vexed ... or disturbed... as in dogs harassing... vexing ... or disturbing sheep.
- f. So a study of the meaning of the word worry ... in the New Testament and in the English...gives us a graphic picture of the effects that worry has on us... of being torn... strangled... harassed... vexed... or disturbed ... as if we are doing these things to ourselves.
- g. Worry will stress us out...like few other things if we allow it.
- h. This is why the Bible says in 1 Peter 5:7... that we are to cast our cares upon God... so that worry will not gain a strangle hold on our life.
- i. In His Sermon on the Mount in Matthew 6... Jesus said three times that believers are not to allow worry to dominate and control our lives.
- j. Philippians 4:6 says that believers are to be “anxious for nothing” ... that is...we are not to allow worry to dominate and control our minds ... but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God.
- k. And, three times in Psalm 37:1-8... we are told not to “fret”... or worry.

III. UNDERSTANDING WORRY-

- a. It is important that we understand... what the Bible means when it says ... that we are not to worry.
- b. It is natural for us to have concerns in life... to be concerned with our needs...to be concerned when we ... or our loved ones... are facing troubles, trials or a crisis ... that is natural... that is a part of life.
- c. As Christians... it is natural for us to be concerned with what is happening in our church... in the Kingdom of God... in our country... and in our world.
- d. In 2 Corinthians 11:28... Paul said he had a deep concern for all the churches.
- e. The Christian life is not free of concerns... but we are not to allow the concerns of life... to escalate to becoming worries.
- f. We are not to allow our concerns to become worries that dominate our lives... that control our minds ... that paralyze us spiritually ...and hinder our walk with the Lord.
- g. Satan will try to make us worry... because he knows that he can use worry ... to rob us of our joy and our usefulness to God.
- h. Satan will try to use worry... to plant bitterness... resentment... and doubt toward God in our lives... and toward other people.
- i. Believe me... Satan is real... he is the enemy of every Christian.
- j. And, Satan will do everything he can...to use worry in the life of the believer... to damage our walk with God... and our witness and testimony.
- k. Worry becomes a sin when believers allow worry... to dominate our minds and control our lives... when believers allow worry to become an open door for Satan to use to harm us and to hinder our walk with God.

- l. It is wrong for us to believe that worry is not a big deal... worry is a big deal... it is a big deal to God because He has a great deal to say about worry in His Word.
- m. It is important that believers learn how not to allow the concerns of life...to become worries that will do us harm.
- n. How can we defeat worry in our life? ...we can do that by obeying four principles that are found in Psalm 37:1-8.
- o. This wonderful passage says that we can overcome worry... by trusting in the Lord... delighting in the Lord... committing our way to the Lord... and resting in the Lord

IV. INSTEAD OF WORRYING, WE SHOULD TRUST IN THE LORD-

- a. The vast majority of things that people worry about... are things that are beyond their control.
- b. We worry about people, circumstances, and situations that we cannot change... problems that we cannot solve... troubles that we cannot resolve.
- c. In Matthew 6:27... Jesus asked this question ... *“Which of you by worrying can add one cubit to his stature?”*
- d. Our Lord was asking... *“What good is it to allow ourselves to be paralyzed by worry over something that is beyond your control?”* ... *“Will worrying about something that is beyond your control... add one inch to your height ...or one second to your life?”*
- e. When troubles and trials come into our life... there are three things we should do.
- f. #1, We should pray... we should always pray when troubles come into our life... #2, If we can do something about what concerns us ...and we can do it in a way that pleases God...we should it... #3, We

should always trust God in every situation we face... and not surrender to worry.

- g. As we pray... and after doing all that we can do... if the solution to a problem is beyond our control... instead of surrendering to worry... instead of allowing Satan beat us up... instead of stressing out... instead of having a heart attack and getting sick over it... we should trust God.
- h. *Psalm 37:3 (NKJV) "Trust in the LORD, and do good..." Psalm 37:5 (NKJV) "Commit your way to the LORD, Trust also in Him..."*
- i. If you can trust God to save your soul... if you can trust God to redeem you and make you His child... then you can trust God with anything that you face in life.
- j. When trouble comes in our life... instead of worrying... we need to trust God... trust His promises... trust His presence... trust His power ... trust His love for us.
- k. God's Word says... *Romans 8:28 "And we know that all things work together for good to those who love God, to those who are the called according to His purpose." ... do you believe that?*
- l. God's Word says... *Philippians 4:13 "I can do all things through Christ who strengthens me." ... do you believe that?*
- m. God's Word says... *Philippians 4:19 "And my God shall supply all your need according to His riches in glory by Christ Jesus." ... do you believe that?*
- n. God's Word says... *Hebrews 13:5 "I will never leave you nor forsake you." ... do you believe that?*
- o. When troubles come in your life... put these verses on speed dial ... *Psalm 55:22 (NKJV) "Cast your burden on the LORD, And He shall sustain you; He shall never permit the righteous to be moved."*

- p. *1 Peter 5:6-7 (NKJV) Therefore humble yourselves under the mighty hand of God, that He may exalt you in due time, casting all your care upon Him, for He cares for you.*”
- q. When troubles come into your life... and you don't know why ... you don't know what to do... if what is happening is beyond your control don't give in to worry... throw your anxiety on the Lord... you can trust His love, faithfulness, power, and wisdom.

(Trust)

V. **INSTEAD OF WORRYING, WE SHOULD DELIGHT IN THE LORD-**

- a. *Psalm 37:4 (NKJV) “Delight yourself also in the LORD...”*
- b. Satan will always try to use worry to cause us to doubt God... to divide us from God... to drive us from God... to cause us to drift from God ... to distance us from God... to distract us from the worship and work of God...and his ultimate goal is to use worry to cause us to forsake God and His people.
- c. We must understand that worry is a weapon that Satan will use... to try to do great damage to our Christian life and to our walk with the Lord.
- d. Instead of allowing worry to drive us from God... when troubles come... we should continue to delight in the Lord... as we have always done.
- e. Both my mother and father passed away on a Saturday... and each time... on the next day... I was at church... and I preached.
- f. For me preaching at that traumatic time... was good therapy... but I also wanted to be in church... I wanted to be in God's House with God's people... I wanted to worship and serve God.
- g. We should never allow troubles and trials in life to drive us from God ... rather those times should drive us to God.

- h. As a Christian... do you delight in the Lord?... do you find joy in the Lord?... and in the things of God?
- i. Do you take joy in His Word?... Do you enjoy being with the people of God?... Do you enjoy participating in the worship and work of God? ... Are you concerned about the extension of God's work around the world?... Are you playing a part in impacting the world for the sake of the Gospel?
- j. More than anything in this world... Satan hates a joyful and happy Christian who delights in the Lord... and in His work.
- k. Satan will try to use worry to kill our joy... don't let him do it.

(Trust...Delight)

VI. INSTEAD OF WORRYING, WE SHOULD COMMIT OUR WAY TO THE LORD-

- a. *Psalm 37:5 (NKJV) "Commit your way to the LORD, Trust also in Him, And He shall bring it to pass."*
- b. This is a promise that when you are tempted to worry about something ... commit yourself ...and the thing you are tempted to worry about to the Lord... and He will bring to pass a solution.
- c. In His own timing and in His own way...God will either solve the problem you are facing... or He will give you the grace, strength and wisdom to deal with it.
- d. The word translated "commit" in verse 5 means... "to give."
- e. The key to overcoming worry is to commit ourselves... and whatever is troubling us... to the Lord... to trust Him to take care of us... and the problem we are facing.
- f. Before He went to the cross... Jesus committed Himself to the Father and to His will... Jesus prayed ... "Not my will but yours be done."

- g. The antidote to worry... is to commit ourselves... and whatever we are facing to the Lord... and trust Him for the outcome.

(Trust...Delight...Commit)

VII. INSTEAD OF WORRYING, WE SHOULD REST IN THE LORD-

- a. *Psalm 37:7 (NKJV) "Rest in the LORD, and wait patiently for Him."*
- b. When you entered church this morning... you went to the pew you are sitting in... and you took your seat.
- c. You probably did not give one second's thought... to whether that pew was going to hold your weight when you sat down...you simply enter the sanctuary... and you sat down.
- d. Why is this?... because you have grown accustomed to the fact that you do not have to worry about the pew holding your weight.
- e. Week after week... the pews in this church have been found faithful and adequate to hold you up.
- f. These pews have passed the test of faithfulness in your mind... and you have never given them another thought... each Sunday you come in and sit...you do not worry about landing on the floor.
- g. Learning how to rest in the Lord takes time... over time as you trust in the Lord when troubles come... as you delight in Him... as you commit your way to Him... as the Lord proves Himself faithful time after time... you will develop that same kind of trust and confidence in God.
- h. To rest in the Lord means that you have come to the point in life that when trouble comes...you are not shaken... you are not moved... you are not tempted to worry.
- i. You meet the troubles of life with the confidence that God can and will meet your needs... when trouble comes... instead of panic... instead of distress... instead of worry... you find peace and rest in God.

- j. It may take us a while to get to that point... but when we do... it is a beautiful thing.

VIII. CONCLUSION-

- a. Troubles and trials will come to the Christian life... how will you react when they do?... how will you conquer worry?
- b. Trust...Delight...Commit... Rest
- c. While Satan wants believers to worry... he wants unbelievers not to worry.
- d. Satan tells unbelievers... Don't worry one joint, one drink, one time will not hurt... don't worry ... everyone is doing it... don't worry about all that Bible stuff... don't worry... go for it.
- e. Don't worry... you have plenty of time to believe... don't worry ...until it is too late.