

## WORRY DOESN'T CHANGE ANYTHING

Have you ever had someone say to you, "I can't help but worry. I am a mother". Or, "Of course, I am worried. I have stock in that company". Or, "I am just a real worry wart!"

We can hear some of the best sermons preaching against drugs, alcohol, adultery and stealing and yet believers embrace worry as if it is an old familiar friend.

Did you know that the Bible says anything apart from faith is sin? (Romans 14:23) We have grown up in a society that equates worry with love and caring. If we are not upset and worried about Aunt Edna's hernia then we simply don't care about her. We must not love her. People get mad when you don't worry with them.

Yet, worry will do more harm to a person than good. It is better not to worry about Aunt Edna. Being anxious will rob you of your joy, strength and health. It will take from you and will not give you or Aunt Edna any answers to your problem.

Jesus said four times in Matthew 6:25-31, "Take no anxious thought". The Amplified, Moffet's, Williams', and Goodspeed translations all use the word "worry". Worry is an enemy and must be treated as such.

Jesus said in verse 27, "Which of you by taking thought (anxious or worry) can add one cubit (about 27 inches) unto his stature (height)?" In other words, worry does not change the situation you find yourself in. If anything, it will only make matters worse.

Worry is a close relative of pride. It says, "I must figure it out myself. It is all on me! Where is God when I need Him?" You don't need to figure it out; you need to hear from God. But, worry distracts your attention from Him. Worry is the breeding ground of unbelief. Unbelief can grow up out of the soil of worry. Worry leaves no room for God. It causes us to act hastily. It removes the situation out from under God's ability. The wisdom of God becomes closed to us.

Unbelief kept the children of Israel out of the Promised Land. Worry starts in the thought life and then affects the emotions. That is why it is so important to guard your heart and mind with the Word of God.

Isaiah 26:3 says, “Thou wilt keep him in perfect peace whose mind is stayed on Thee: because he trusteth in Thee”. Peace is an indicator if you have been thinking correctly or not.

It says in Colossians 2:15, “and let the peace of God rule in your heart”. The word rule here is *brabeuo*, and it means to be an umpire, to arbitrate, direct, and govern. Peace is to govern your heart. It is to direct the decisions you make. Peace is to be like an umpire that calls the shots.

Worry is not to direct us. It is not to govern our daily lives. Don't make decisions based on worry and fear. Allow peace to rule. Verse 16, tells us how to let that peace rule. It says “Let the word of Christ dwell in you richly in all wisdom”.

Keep the Word of God on your mind throughout the day. Jesus said, “If you abide in Me and My words abide in you, ye shall ask what ye will, and it shall be done unto you”. (John 15:7) God's Word abides in us when we take time to meditate it.

In Ephesians 4:27, Paul says, “Neither give place to the devil”. When we open the door of our minds to worry, even a little bit, the enemy tries to gain a foothold into our lives. Paul said in Philippians 4:6, “Be careful (it is the Greek word *merimnao*, meaning to be anxious) about nothing. (No “thing”)

This means not to have a distracting care concerning anything. **NOTHING AT ALL**. That includes your family. I Peter 5:7, “Casting all your care upon Him, for He cares for you”. When you cast your care on Him, you have given it to Someone Who can do something about it!

Paul goes on to say what we should be thinking about in Philippians 4:8, “Finally brethren, whatsoever things are true, honest, just, pure, lovely, of good report, any virtue and if there be any praise, think on these things”. It may be true, but not lovely. So don't think about it.

Interrupt those worried thoughts today by speaking out loud with your own mouth – THE WORD OF GOD.

Say this prayer outloud today: Father, I cast all of my care, all anxious and worried thoughts upon You. I roll it off of me, and roll it completely upon You. I know You care for me tenderly and watchfully. Therefore, I trust You with this situation, I refuse to worry, In Jesus' Name. Amen