

God's Answer to Your Worries  
14 October 2007

- I. As we've looked at the Lord's Prayer the last couple of weeks we've seen that the Lord's Prayer contains
  - a. God's answer to your inferiority, and
  - b. God's answer to your questions.
- II. Today we will see that it also gives us God's answer to your worries.
  - a. Top 12 things people worry about. {from a popular marketing website}
    - i. 1-Global Warming.
    - ii. 2-World Conquering Machines.
    - iii. 3-Bird Flu.
    - iv. 4-Meteor Impact.
    - v. 5-Nuclear War.
    - vi. 6-Alien Invasion.
    - vii. 7-Shortage of fossil fuels.
    - viii. 8-Zombies.
    - ix. 9-The mysterious death of bumblebees.
    - x. 10-The Sun going out.
    - xi. 11-Worldwide computer virus.
    - xii. 12-Satellite based lasers.
    - xiii. 13-The World changing beyond all recognition overnight.
  - b. Here's a list that hits a bit closer to home.
    - i. 1-Work pressures.
    - ii. 2-Money & debt.
    - iii. 3-Being stuck in the wrong career.
    - iv. 4-Friendships/Relationships.
    - v. 5-Getting along with family.
    - vi. 6-Housing concerns. (right house, move?, upkeep)
    - vii. 7-Worry about the future.
    - viii. 8-Not achieving enough in life.
    - ix. 9-Living up to others' expectations.
    - x. 10-Worrying too much.
- III. Take out your card. Write your biggest worry on the card. Hold on to it for later.
- IV. We all worry – some of us more than others.
  - a. In spite of that fact that by some estimates 45% of the things we worry about never happen.
    - i. “Yeah, but that leaves a lot to worry about. There's still 55%”
    - ii. But, out of that 55%, psychologists estimate that ...
      1. 25% have already happened so you can't change them.
      2. and 14% are things you have no control over.
      3. The other 16% are things that happen – but many of them are the inevitable result of breathing.
      4. In other words, they are the inevitable result of natural change. (Life happens!)
    - iii. I only worry about three things ...
      1. I worry about what might happen – the future.
      2. I worry about what should happen – the present.
      3. I worry about what should have happened – the past.

- b. All of this worry costs us tremendously.
    - i. Billions of dollars in health costs each year.
      - 1. Millions of lost job hours.
      - 2. Not to mention the relationships that suffer as a result.
  - c. So, here is what God wants you to know about worry.
- V. Worry is not of God.
- a. Worry does not come from God, it is not part of God's plan, it's not God's idea.
  - b. Worry is fear.
    - i. Worry is fear of outcomes, consequences.
    - ii. Worry is fear of effects of past mistakes.
  - c. By contrast, God is love.
    - i. Perfect love casts out fear. (1 John 4:18)
    - ii. If God is love, then he has no part in fear.
  - d. When you worry, you are not where God wants you to be (in your mind/thoughts).
- VI. Worry robs us of God's blessings.
- a. It paralyzes us.
    - i. When we worry, we stop moving forward, stop making progress, and begin to mark time where we are.
    - ii. We don't make progress while we are worrying.
    - iii. Luke 21:34 – "Be careful, or your hearts will be weighed down with dissipation, drunkenness and the anxieties of life, and that day will close on you suddenly like a trap."
      - 1. The anxieties of life – worries.
      - 2. They weigh down the heart.
    - iv. When we get "weighed down" we can't move.
  - b. It diverts our attention from worthy things.
    - i. When we worry, we start to pay attention to things that don't have eternal significance.
    - ii. Matthew 13:22 = "The seed falling among the thorns refers to people who hear the word, but the worries of this life and the deceitfulness of wealth choke the word, making it unfruitful."
      - 1. The word can't take root and grow.
      - 2. Because we are too consumed with our worries.
    - iii. Luke 14:18-20 = "But they all alike began to make excuses. The first said, 'I have just bought a field, and I must go and see it. Please excuse me.' "Another said, 'I have just bought five yoke of oxen, and I'm on my way to try them out. Please excuse me.' "Still another said, 'I just got married, so I can't come.'"
      - 1. The routine concerns of life, when we begin to worry over them become problematic.
      - 2. They keep us from seeing the great things of the Kingdom that God wants to reveal right in front of us.
- VII. Ultimately, Worry is lack of trust.
- a. When you worry, you are essentially saying that you don't trust God to deal with your situation and solve your problem.
  - b. "I'm worried about this, because I don't trust God to handle it."
  - c. "I'm worrying about this, because I'm afraid of how God will handle it. I don't believe God has my best interests at heart."
  - d. Jeremiah 29:11 – "For I know the plans I have for you," declares the LORD, "plans to prosper you and not to harm you, plans to give you hope and a future."
    - i. God says that his plans are for our future and bring hope.

- ii. When we worry, we are saying that we don't trust him to bring us that hope and that future.
- VIII. Now, let's look at the prayer. Here is a recipe for dealing with worry.
  - a. Give us –
    - i. God gives us what we need and takes care of us because he loves us.
    - ii. And that love is unconditional.
    - iii. God will provide, has provided and will!
    - iv. When we say "give us" we are acknowledging that God is watching over us.
    - v. Psalm 54:4 = "Surely God is my help; the Lord is the one who sustains me."
    - vi. When we pray "give us" – we turn our worries over to God.
  - b. This day –
    - i. God is I AM.
      - 1. Not I WAS.
      - 2. God is "present tense."
    - ii. God is focused on today, not tomorrow or yesterday.
      - 1. Yesterday has already happened.
      - 2. Tomorrow is out of our control.
      - 3. If we give up worrying about yesterday and tomorrow = we've eliminated a whole bunch of our worries.
    - iii. Luke 12:25 = "Who of you by worrying can add a single hour to your life?"
      - 1. The futility of worrying.
      - 2. Give God "this day."
  - c. Daily –
    - i. God provides just as we have need.
      - 1. God usually comes through just when we need it.
      - 2. We have an 11<sup>th</sup> hour God.
      - 3. {Corrie Ten Boom train story.}
    - ii. Matthew 10:19 = "At that time you will be given what to say."
      - 1. We have an "at that time" kind of God.
      - 2. When "stuff" happens, we will be able to deal with it – at that time.
  - d. Bread –
    - i. God provides what we need.
    - ii. The basics ...
      - 1. For Israel that was bread.
      - 2. It came everyday.
      - 3. Exodus 16 = Manna from heaven.
        - a. They had to gather it every day.
        - b. They couldn't store up for the future.
    - iii. God provides what we need – when we need it.
      - 1. God is not as concerned with our "wants."
      - 2. God knows what we need. Even when we don't.
- IX. When we pray "Give us this day our daily bread," we say ...
  - a. God will provide exactly what I need.
  - b. Today and everyday.
  - c. I trust in Him.
- X. During the closing song, bring your card to the altar and leave it here.
  - a. It's a symbolic way of leaving your worries with God.
  - b. "Cast all your worries on him because he cares for you." – 1 Peter 5:7.