

**Introduction:**

- I know many of you are facing things that expose worry in your life. In our media driven society we are bombarded daily with ‘fear mongering’.
- In the British Museum in London, there is an old mariner’s chart drawn in 1525 outlining the North American coastline. The cartographer who created the map did so from information gleaned from ocean-going crews of the day. There were notations on where reefs might be, and where the best harbors could be found. But there were certain sections that were relatively blank. And in those sections were notations like the following: \* "Here be giants!" \* "Here be fiery scorpions!" \* "Here be dragons." In other words: “Here be monsters” **Application:** Ever since man has gone out on the water in boats, seafarers have always been just a little afraid of the unknown, the unseen and the uncontrollable. And they felt fear and encountered worry.
- I want to look at three things Jesus said at different times all for the purpose of teaching us to trust Him and to win over worry.
  - Matthew 6:27 “*And why worry about your clothing?*”
  - Mk 4:40 *Then he asked them, “Why are you so afraid? Do you still have no faith?*
  - Mt 24:6 *And you will hear of wars and threats of wars, but don’t panic.* Don’t be troubled (NKJV), don’t be frightened (AMP).

**I. Why Worry? Good Question****A. The nature of worry.**

1. It is a thief that steals from us. Particularly in relationships. Most worries revolve around the past or the future. When you live in either of those two places you miss the moment you are in...sharing the journey today!
2. Worry spreads to other areas of your life. Let worry enter in one place it will show up else where.
3. Worry can paralyze you and prevent you from acting decisively to attain your goals.
4. Hopelessness and despair fuels worry. The more helpless and hopeless a situation seems, the greater your worry becomes. You feel as if your world is crumbling around you and there seems to be no way to escape. You simply cannot think of a way to turn things around.

**B. Worry is misplaced fear.**

1. Worry thrives on uncertainty. IE. Grandpa Herman taught the boys this little saying, “Next time your dad asks, ‘Are you afraid of the dark?’ Say, “No, I am afraid of what’s in it.” Most of the things we worry about in life are just that: It is the things we cannot see and the images we create in our minds of what might be.” The unknown, unseen and uncontrollable that has potential to make one worry.
2. One of the key components of worry is fear. When you wish for an outcome to happen, you fear that things may not turn out the way you want. This causes you to worry excessively about it. You might imagine how bad things will be and make a mountain out of a molehill.

**C. Worry is about control.**

1. Rick Warren says, "Worry is the warning light that God is really not first in my life at this particular moment." Most of our worry happens because things are out of our control. We want to be in control! God wants us to let Him be in control.

**D. Most things we worry about are just a mere inconvenience.**

1. Aren't most of the struggles of this life, especially when viewed in hindsight, nothing more than an inconvenience?
  2. IE. **A student** squeezes in line, in front of you, at a high school game, that is not a problem it's only an inconvenience, they might get better seat. **When someone** takes a parking space that you are about to pull into, that is not a problem that is only an inconvenience? **You have** a flat tire while driving to the airport and you might miss your flight; that is only an ...inconvenience. **It takes five** and a half years for your child to graduate from college, that's only an... inconvenience. **The Dow falls** below 13,000 you lose 40% of the value of your 401(k), your company is being acquired and you're probably going to lose your job, that's only a ... Yes, that too is only an inconvenience.
  3. If we are honest, most of the situations that we become most anxious about, are also the ones that we have little or no control over;... much like these very difficult economic times that we are all facing individually, and as families, .....as a nation and as a Church.
- E. Worry is about vision. It sees my problems as bigger than my God. Numbers 13:27-31. Giants in the land.

## II. Worry Brings Out the Worse In Us

- A. It brings out the worse in health. The unknown, the unseen, and the uncontrollable produce...the unhealthy, the unreasonable and the unhelpful.
1. Worry is unhealthy. The body is not made for worry. Worry can cause ulcers, backaches, headaches, insomnia. It's unnatural. Plants and animals don't worry. The only thing in creation that worries is people. The old English word for worry means "to strangle" or "to choke". Worry is not natural and it's unhealthy.
  2. Worry is unreasonable. Why? Because it magnifies the problem. It makes mountains out of molehills. Worry makes your problems seem bigger than they really are. To worry about something you can't change is useless. To worry about something you can change is stupid – just go ahead and change it. Worry is unreasonable.
  3. Worry is unhelpful because it never accomplishes anything, worry does not solve the problem. Worry cannot change the past. It cannot control the future. It can only make us miserable today. It is unhelpful.
- B. It brings out the worst in our emotions.
1. *"Jesus was sleeping at the back of the boat with his head on a cushion. The disciples woke him up, shouting, "Teacher, don't you care that we're going to drown?""* (Mark 4:38, NLT)
  2. They are angry that Jesus is not afraid. They are accusing him of not caring! Worriers will always seek to bring you into their worry. And they will do it with an accusative spirit of control and guilt. "Don't you care?"
    - a) There is a practical place for fear. These were experience fishermen. They did know the sea. Fear is a practical response to the dangers of life and there's nothing wrong with it.
    - b) But it wasn't their fear Jesus was rebuking. It was the way they were reacting to this fear. That little word "SO" is from the Greek "Houto" which means "in this way" or "in this manner". Jesus was saying, "Why have you become afraid in this manner" or "Why are you reacting to this situation this way? Panicked and angry.

3. Worry will keep you in a state of panic that will bring out anger, control of others, rudeness, etc. It causes the fruit of the Spirit to go 'right out the window.'

### III. **Winning Over Worry** How do we do this? Lets look at seven things that may help.

#### A. Live prepared.

1. Troubles are inevitable. James 1 tells us *to consider it joy when we encounter trials of many kinds*. Troubles in life are not electives in life. Troubles are part of the core curriculum.
2. So if trouble is coming I must live prepared/preparing. I.e. Have you ever taken a test you did not prepare for? Or a test you did not have proper preparation for? Your worry rate goes up when you are not prepared. I.E. People are asking how much food should we have if all the trouble that is being broadcast happens in September.
3. Prepare best you can in the natural. Prepare spiritually...rest! Prepare emotionally by growing in the fruit of the Spirit.

#### B. Live trusting that God knows.

1. God knows before you ask. *"Don't be like them, for your Father knows exactly what you need even before you ask him!"* (Matthew 6:8, NLT)

#### C. Live knowing that God will catch what you throw at him.

1. *Therefore humble yourselves under the mighty hand of God, that He may exalt you in due time, <sup>7</sup> casting all your care upon Him, for He cares for you.* (1 Peter 5:6-7 NLT)
2. The word cast means to unload, let go of.
3. "The NT realizes that life is swayed by care. Concern is unavoidable but it is given a new orientation. Liberation from it comes as one casts it upon God, not because God grants every wish, but because prayer grants freedom from care. To be anxious about food or clothing is opposed to concern for the kingdom of God (Mt. 6:26ff.)" Kittle.

#### D. Live one day at a time.

1. *"So don't worry about these things, saying, 'What will we eat? What will we drink? What will we wear?' These things dominate the thoughts of unbelievers, but your heavenly Father already knows all your needs. **Seek the Kingdom of God** above all else, and live righteously, and he will give you everything you need. **"So don't worry about tomorrow, for tomorrow will bring its own worries. Today's trouble is enough for today."*** (Matthew 6:31-34, NLT)
2. Planning is great! But there is a big difference between planning for your future and worrying about it.

#### E. Live always praying.

1. *"Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done."* (Philippians 4:6, NLT) This is how you teach your children to have a prayer culture.

#### F. Live with optimistic view or live with a 'no quit' attitude.

1. Two frogs fell into a deep cream bowl, One was an optimistic soul; But the other took the gloomy view, "I shall drown," he cried, "and so will you." So with a last despairing cry, He closed his eyes and said, "Good-bye." But the other frog, with a merry grin Said, "I can't get out, but I won't give in! I'll swim around till my strength is spent. For having tried, I'll die content." Bravely he swam until it would seem, His struggles began to churn the cream. On the top of the butter at last he stopped And out of the bowl he

happily hopped. What is the moral? It's easily found. If you can't get out -- keep swimming around!

2. In Christ "we are never out of the fight!" Marcus Luttrell

a) Never give up.

b) Always learn from your mistakes.

G. Live to mature, to grow up. We live through the struggles of life, we grow through the struggles of life and hopefully we learn from those struggles that they are no more than..... an inconvenience. Once we go through them we become empowered. We realize that we will live through that situation if we are called to face them again.

1. "You have allowed me to suffer much hardship, but you will restore me to life again and lift me up from the depths of the earth." (Psalm 71:20, NLT)

### Conclusion:

- At the beginning of this sermon I told you about an ancient map that is on display at the British Museum in London. Before the map made its way to the British Museum however, it was the prized possession of a British explorer by the name of Sir John Franklin in the 1800s. But in spite of its value, Sir John Franklin was offended by the fear that the ancient mariners had. And so he scratched out the inscriptions. And in place of the phrases that had once read: \* "Here be giants!" \* "Here be fiery scorpions!" \* "Here be dragons." He wrote these words across the map: "HERE IS GOD."
- But when we scratch out that fear and replace that fear with the statement: HERE IS GOD... that's when our faith grows strongest. That's when we are best able to tell those around us: For this we have Jesus.
- PS 23 Great shepherd
  - A shepherd PROVIDES. Food, shelter, the basic necessities.
  - A shepherd PROTECTS. Against enemy attacks.
  - A shepherd GUIDES. Leads when you don't know the path.
  - A shepherd GATHERS. When we head in the wrong direction.