

Community Church of Issaquah

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## Who Said Don't Worry?

*Rev. Vincent Lachina*

I want to confess something to you this morning.

I struggled with this issue when I was a little boy. I was unable to conquer it as a teenager. As a young husband, I found myself wrestling with this issue every day. And even now, I occasionally struggle with it. I don't think I've committed this transgression today, but I have committed it within the past week. It's a serious transgression – breaking the commandment of God – so serious that Jesus Christ took time to address it and to warn against it.

The issue I'm confessing to you today is "worry." (If you were thought I would confess something a little juicier, this is all you're getting!) Sorry. But worry or worrying is a transgression. We consider worry as more of a weakness, but God calls worry wickedness. The same God who said, "You shall not kill," and "You shall not steal," and "You shall not commit adultery," also said with all the compassion of His heart, "You shall not worry."

If you're one of those people who says, I never worry about anything, then I encourage you to share this message with someone who does worry. But you might want to hold on to it just in case you need it. It's hard to escape worry. One lady said to me, "You know, Pastor Vincent, I just don't worry about anything. But I've got a daughter who worries about everything. I'm really worried about her."

We're going to look at what Jesus said about worry in the greatest sermon ever preached: the Sermon on the Mount. In that sermon, Jesus taught what it means to live a life of faith as a child of God. In the Sermon on the Mount, Jesus focuses like a laser on the issue of worry in our lives. These are the words of Jesus in Matthew 6:25–34:

Therefore I say to you, do not worry about your life, what you will eat or what you will drink; nor about your body, what you will put on. Is not life more than food and the body more than clothing? Look at the birds of the air, for they neither sow nor reap nor gather into barns; yet your heavenly Father feeds them. Are you not of more value than they? Which of you by worrying can add one cubit to his stature? So why do you worry about clothing? Consider the lilies of the field, how they grow: they neither toil nor spin; and yet I say to you that even Solomon in all his glory was not arrayed like one of these. Now if God so clothes the grass of the field, which today is, and tomorrow is thrown into the oven, will He not much more clothe you, O you of little faith? Therefore do not worry, saying, 'What shall we eat?' or 'What shall we drink?' or 'What shall we wear?' For after all these things the Gentiles seek. For your heavenly Father knows that you need all these things. But seek first the kingdom of God and His righteousness, and all these things shall be added to you. Therefore do not worry about tomorrow, for tomorrow will worry about its own things. Sufficient for the day is its own trouble.

There you have it: Jesus said, not just once, but three times, "Do not worry." You'll find those words repeated in

verses 25, 31, and 34 of Matthew 6. If Jesus tells us multiple times not to worry, then worry might indeed be wickedness. That's bad news. But there's also good news. Jesus died on the cross to pay for the sin -that transgression of worry. He rose from the grave to give us victory over that breaking his commandment. The beautiful message of Jesus is not just that you do not have to worry, but that He will give you His power day by day to deliver you from worry. He wants to take worry from you. As we consider this teaching of Jesus, notice several reasons the Lord commands us not to worry.

### **Worry refuses God's security.**

Worry is a rejection of the security God wants for you. Worry is a big deal because it chokes our lives and strangles our faith. The English word worry comes from an old Anglo-Saxon term that means to strangle. Jesus says, "Don't do that!" Don't let worry strangle you! When believers choose worry, they refuse the security that God wants his children to enjoy. In the verses 25 and 34 of our text, Jesus names the things we worry about: our daily provisions, our physical well-being, and our future. Pretty much everything we worry about fits nicely in those three categories.

Jesus says not to worry about your life or your body. Who gave you life? God did. Who made your body? God did. So, if God gave you life, He's going to be faithful to sustain your life. And if God made your body, He's going to faithfully provide to take care of your body. Then, in verse 26, Jesus illustrates how God desires to take care of us:

*Look at the birds of the air, for they neither sow nor reap nor gather into barns; yet your heavenly Father feeds them. Are you not of more value than they?*

Remember the hymn we sang last week? His eye is on the sparrow. Remember?

Every day, all over the world, God provides food for the birds and other creatures He has made. Beyond the wildlife that God feeds, Jesus points out the plant life that God clothes with beauty. Look in Matthew 6:28:

*Why do you worry about clothing? Consider the lilies of the field, how they grow: they neither toil nor spin; and yet I say to you that even Solomon in all of his glory was not arrayed like one of these.*

God takes care of the birds of the air and the flowers of the field because they belong to Him by virtue of creation. The Lord takes care of what He makes. But here's a wonderful thing to remember: If you have been saved by Jesus Christ, you not only belong to God by virtue of creation, but also by virtue of redemption. He made you in your mother's womb and breathed the breath of life into your lungs. And then He sacrificed His one and only Son upon the cross to redeem you with His own blood. Because of creation and redemption, He's committed to taking care of you. So why worry?

Continual worry is really a rejection of faith. When you ask God for His salvation, you ask in faith, believing. The Bible says that we are saved by faith when we realize our sin and confess it to God. We realize we cannot save ourselves, so

we trust the work of Jesus Christ to save us. If you are saved, then you have trusted your very soul to Jesus. Trusting Jesus for eternal salvation means also having faith in Him to care for you day by day.

Try this experiment: Make a fist just as tight as you can. Squeeze so hard that your fingernails dig into your palm. Now hold it. Keep squeezing as hard as you can for as long as you can. For me, doing that becomes painful after a few moments. My hand goes numb. That's what worry is. Worry is grabbing tightly to the details of your life, believing that no one else can take care of you. It's painful; it's paralyzing; and it can prevent you from doing anything else. Now, open up that hand. Relax the muscles, and let go. That's what trusting the Lord is like. Saying no to worry means trusting God with everything you've held so tightly. Your finances. Your kids. Your future. Your job and career. Your health. Psalm 37:3–4 says,

*Trust in the Lord, and do good; dwell in the land, and feed on His faithfulness. Delight yourself also in the Lord, and He shall give you the desires of your heart.*

Absolutely everything you need for salvation and for your physical life is found in Jesus. He will feed you with His faithfulness. He will sustain you with His goodness. So, trust God, and enjoy the security of His promise to care for your needs.

### **Worry misuses your energy.**

Jesus asks a comical question in Matthew 6:27:

*Which of you by worrying can add one cubit to his stature?*

With this question, Jesus creates an odd scenario.

Sometimes each of us worries, and worries, and worries

about things that cannot be changed. Do you think we could wake up one day and find that we have worried ourselves to be taller or thinner or physically different? No, that's silly! But in the same way, worry won't change the outcome of most of our life's situations. But it will prevent you from doing something so much better.

After years of ministry, I have never once heard someone share a testimony about the positive power of worry. There's not one person who can say, *"I worried and worried about my problem. I lost sleep, I bit my nails, and I got grumpy and irritated. And everything got better because I worried."* What you worried about may have never come to pass, but not because you worried about it.

There are plenty of testimonies from people who have encountered a difficulty and brought it to the Lord instead of worrying. They've said, *Lord, I can't handle this. I'm worried about this. I'm giving this to you because I can't take care of it. You take care of it.* And God has answered their prayers. God did what they could never have done. Quit worrying and start praying! That's what Paul meant by his words in Philippians 4:6–7:

*Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; and the peace of God which surpasses all understanding, will guard your hearts and minds through Christ Jesus.*

You only have so much limited energy. Don't waste it on worry. Instead, invest it in prayer. Worry just destroys your testimony.

God knows every worrisome detail of your life. Jesus Christ, through His Word, says to you right now, “Do not worry. I died on the cross to pay the full price for all of your sin, including your worry. I rose from the grave to give you victory over every sin, including worry. So let go of your worry, trust Me. I will take care of you.”