

Why Worry? - Bishop Rice

Psalms 37:1-10

A Psalm of David.

Fret not thyself because of evildoers,
neither be thou envious against the workers of iniquity.

For they shall soon be cut down like the grass,
and wither as the green herb.

Trust in the Lord, and do good;
so shalt thou dwell in the land, and verily thou shalt be fed.

Delight thyself also in the Lord;
and he shall give thee the desires of thine heart.

Commit thy way unto the Lord;
trust also in him; and he shall bring it to pass.

And he shall bring forth thy righteousness as the light,
and thy judgment as the noonday.

Rest in the Lord, and wait patiently for him:
fret not thyself because of him who prospereth in his way,
because of the man who bringeth wicked devices to pass.

Cease from anger, and forsake wrath:
fret not thyself in any wise to do evil.

For evildoers shall be cut off:

but those that wait upon the Lord, they shall inherit the earth.

For yet a little while, and the wicked shall not be:

yea, thou shalt diligently consider his place, and it shall not be.

1. Trust God and Fret not - Don't worry!!
2. God did not create the body to endure stress, which is why we are instructed "to take no thought for tomorrow"
3. Commit means to hold nothing back! To give it ALL!

4. Commit and Trust go hand in hand! You will not commit anything to one you do not trust. Vice Versa, if you trust, you will commit.
5. Rest In The Lord! When you commit and trust, you can rest. You cannot rest if you aren't committed to the person, situation and/or process.

Matthew 6:27-34

Which of you by taking thought can add one cubit unto his stature? And why take ye thought for raiment? Consider the lilies of the field, how they grow; they toil not, neither do they spin: And yet I say unto you, That even Solomon in all his glory was not arrayed like one of these. Wherefore, if God so clothe the grass of the field, which to day is, and to morrow is cast into the oven, shall he not much more clothe you, O ye of little faith? Therefore take no thought, saying, What shall we eat? or, What shall we drink? or, Wherewithal shall we be clothed? (For after all these things do the Gentiles seek:) for your heavenly Father knoweth that ye have need of all these things. ***But seek ye first the kingdom of God, and his righteousness***; and all these things shall be added unto you. ***Take therefore no thought for the morrow***: for the morrow shall take thought for the things of itself. Sufficient unto the day is the evil thereof.

1. We cannot add to our lives by worry, we can actually shorten our lives.
2. To worry is like sitting in a rocking chair; A lot of activity, but making no progress.
3. The same God that clothes the grass and the lilies of the field, that same God provides for us.