

Don't Worry

Matt. 6:25 Therefore I say unto 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?

Jesus knew we worry more than we believe Him. Our faith at best is mixed. It's divided into parts.

Worry – *Merimnao* – From *Merizo*, to divide into parts. The word suggests a distraction, a preoccupation with things causing anxiety, stress and pressure.

Do you have anxious thoughts? Do you worry? If you're a believer, you have the power by the Holy Spirit to put aside worry and doubt, and replace it with faith. It will take time, but it can be done. It requires a commitment in prayer, asking God for His power and help to do it. And it takes practice.

How do we stop worrying?

1. Know the word, believe it, and apply it.

Knowledge is power. We must know the word (John 8: 32). But it's not enough to know it. We have to believe it. In fact, it's not even enough to know it and believe it. We must apply it to our daily lives.

I can get a prescription from my doctor. I can know what it is and what it can do for me. That's knowledge. I can believe it will work for me. That's belief. But neither of these, knowing or believing, will do any good unless I take it as prescribed. We have to treat God's word the same way.

Jesus said "if you know these things, blessed are you if you do them" (John 13: 17). We must be doers of the word, and not hearers only.

2. Don't treat a problem like it's God.

This sounds so simple and obvious, but in reality we forget all the time, or we don't believe it when we have a crisis.

Remember when the children of Israel came out of Egypt and were supposed to enter the Promised Land? They sent 12 spies into the land to go in and report back. They did, and came back with the wrong report.

The problem was not the giants. The problem was their faith. They had more faith in the giants than in God. They could see the land was a good land. They believed that much. However, they said there were giants in the land that were stronger than they were. They saw themselves as grasshoppers in their own sight.

In other words, they treated people like God and God like people. They forgot that God had already proven Himself to them. That's like us. Even though He's brought us through before, we doubt Him this time, or we have a divided mind at best. This should not be. Magnify the Lord, and this will minimize the problem. The more we worry about our problem, the more we must magnify and remember how great God really is, to bring the problem down to size where it belongs. Declare His greatness.

3. Ask yourself, "Is God Worried?"

In John 16:33 Jesus said "In this world you will have tribulation." The word means pressure. However, He said to be of good cheer, I have overcome the world. What does this have to do with us? It's simple. If he has overcome the world and its tribulation, and we're in Christ, we've overcome as well. He's with us. He protects us. He provides for us.

So if He's worried, we should be worried. If He's not, we should not be worried either. We have to remember to trust He is with us and in us. He will never leave us or forsake us. He is in us to keep us, to help us, to empower us and to deliver us. He goes before us. He guides us. Nothing comes to us without first going through Him.

4. Take it one day at a time. (Matt. 6: 34)

Jesus said don't worry about tomorrow. When you think about tomorrow, is it with faith in God or with worry? If it's with worry, take your mind off of tomorrow and focus it on today. He said to pray, "Give us this day our daily bread." This hearkened intentionally back to the manna in the wilderness. There was only enough for each day. If they tried to store it for tomorrow it bred worms overnight and stank. It was to teach them to trust Him for what they needed each day.

The exception was the Sabbath day. They were told once a week to store two days' worth and it was preserved miraculously. It taught them that man shall not live by bread alone, but by every word from God. The same is true today. He is in our tomorrow and we have to trust Him to work it out.

Don't try to figure out how He's going to do it. Moses tried to figure it out when God promised enough meat to feed them all for a month in the wilderness. Moses couldn't figure it out. God told him, "Has the Lord's arm waxed short?" And God did it, bringing quail from the sea right into the camp, 3 feet high and miles wide.

The same went for Jesus feeding the multitudes with two fish and five loaves. The disciples first tried to figure out where they could get enough food to feed everyone, but they couldn't. That's because God is God and they were not. Neither are we. Trust Him for tomorrow and believe He will handle it. He'll show Himself faithful, give you all the grace you need in the meantime, and work things out in ways we could never have imagined.

5. Be anxious for nothing, pray about everything. (Phil. 4: 6-7)

If the scripture says to be anxious for nothing that means it's possible. But there is a way to get there. We have to follow His instructions.

First – prayer. This is petition. Asking God for what you need.

Second – supplication. This is earnest, extended heartfelt prayer (in faith). In James 5: 16 James talks about this kind of prayer. He calls it the effectual, fervent prayer of the righteous. Something happens in this kind of prayer or supplication. It makes power available. We cast our care on Him in supplication and we receive His strength.

Third – thanksgiving. There comes a moment when we receive His peace as well as His strength. That's when we know it's really in God's hands and He will take care of it and take care of us. That's when we should thank Him for hearing and answering, for helping us and handling it.

When this peace comes, it guards your heart and mind from worry and fear. And if you feel that worry and fear creeping back, repeat the process. At some point the worry gets weaker and the faith gets stronger.

When these steps are practiced on a regular basis, we will find the divine power we need to avoid worry and live a life of real faith and trust in God. And without worry, life is a lot better.