### “Worry Not” Joyce Marble for The First Church, November 24, 2024

How many people here are worried right now? A weight or burden something you cannot change? Something always present on your mind?

This presence of worry is killing our peace and joy and being always present is stunting our spiritual growth.

We must always be aware of God our Father or Dad if you will. Jesus in our lives teaching us what actions we should take in all situations. This not only brings Peace and Joy to our lives but to the Father as well.

A study by WHO (World Health Organization), found that Americans the most affluent society in the world is the most worried filled society.

What do you worry about perhaps it’s your marriage, your children, your job, someone that you love, Terrorism?

You’re probably having trouble focusing on this message because you are worrying. Worry and anxiety...... are they the same? Worry is in our minds generally, our Thoughts seem to never stop running from one topic to another and anxiety is in our bodies. Making our hearts race and our body to perspire. For instance you decide to take a road trip and you have a time when you are expected to arrive and then you start to think about, well, what if I get in an accident and so on. Anxiety can be a crippling disease. Fortunately we can get help for this anxiety through talk therapy and or medication. The human mind and body are so fragile.

Worry is more specific. . .

Jesus tells us we should not worry about finances, food, fitness and future. But how do we not worry about our finances? Certainly we need to work to get by. But perhaps the Lord is trying to point us in a different direction. I know that after 45 years running my business and the work dried up I was worried and frightened. How am I going to get by on just Social Security? Also I have past trauma that effects me and I cannot work outside of my home. What am I to do? I gave it up to the Lord. But of course, worry was still present.

I rented out a room and started another small business with my artwork. It’s not a lot but I am getting by. Lots of folks are worried about food, especially with prices skyrocketing in the supermarket. Folks are afraid to ask for help and worry about what people will think if they ask for assistance or charity. I went to the food pantry and then applied for SNAP (food stamps), I also applied for Self Help Fuel Assistance.

Next year my friend and I are going to start a garden, I plan on canning so that the produce can be stored in a cool dry place.

I don’t enjoy being on assistance but folks seem to like my artwork and even though I can’t put out a lot of it I am hoping that it will become a lucrative business and then I can pass my assistance along to someone else.

The Lord has your future set, worrying about it will not change it but you can make decisions to take you on the right path.

Take some time to look at your past, where you have been and how you got here today. Somehow I have always landed on my feet through the tough times and have learned lessons through my decisions.

“Therefore I tell you DO NOT WORRY” (Matt 6:25).

Whenever Jesus says therefore, look to the previous verse. Verse 24 “No one can serve two masters; for a slave will either hate the one and love the other, or be devoted to the one and despise the other. You cannot serve God and wealth.

“Do not worry about your life, what you will eat or what you will drink, or about your body, what you will wear. Is not life more than food and the body more than clothing?”

Then Jesus goes on to say “Look at the birds of the air they neither reap nor gather into barns. Yet your heavenly Father feeds them. Are you not of more value than they? By worrying will it add a single hour to your life?”

How many of us look in the mirror and keep trying on different clothing to see whether we look fine or not? We worry so much about how others view us. We are beautiful beings all ready for the Lord God made us all.

Consider the lilies of the field how they grow, they neither toil nor spin, yet Jesus tells us even Solomon in all his glory was not clothed like one of these. But if God so clothes the grass of the field which is alive today and tomorrow is thrown into the oven will he not much more clothe you, you of little faith.

So do not say what shall I eat or drink or wear. Our Father in heaven knows that we need these things

Daily in the evening and upon awakening, pray to God that you will be with him in his Kingdom and ask for his righteousness and all these things will be added unto you.

Sometimes when you’re in a dark place you might think you’ve been buried but actually you’ve been planted.