

8/8/21

QAT 36  
PB 7

**Sermon – I think, therefore I worry**

**Scripture: Mathew 6:19-34, Phillipians 4:6-7**

**Main Message – The more we worry, the more we complicate our life, so why do we do it.**

Nearly everyone is an expert in one way that complicates life by orders of magnitude and it has absolutely NO VALUE. It takes from you the ability to be effective. It steals your joy. It robs you of sleep. It serves no purpose and yet we all do it. We worry like a pro!

Why do we worry?

We like to play out the scenario in our head of impending doom and gloom because we can't seem to get out of our own way. Some worry because they are experts at it. That usually ends up with developing anxiety disorders. Then you get what we have today, which is chronic use of medications to help us control our worry. Some think it is wise to worry, because then you are prepared for the worst that might happen.

There is no wisdom in worrying, for you cannot change a single outcome through the power of worrying. Worry complicates our life. It does not make life better in anyway. No one says, "I'm worried about having a good day." Instead we say "I'm worried about NOT having a good day." Worry is always negative. We worry like we are in charge of outcomes. Worry causes us to procrastinate. Worry is a sin.

Everyone knows this section of scripture.

Read Mathew 6:19-34 (Note that the translation on 34 is better in the KJV)

[Mat 6:34 KJV] 34 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.

Worry derives itself from the root cause of being afraid. We are afraid, therefore we worry. I understand why the unbeliever might be afraid. They have no knowledge of the love and mercy of God. They see troubles, death, and no real point of life other than basic survival.

This is not the Christian view. We know that death of our body is not the end of us. We know that there is a plan and we have been given the outline of it. Christians do not fear the dark, because the LIGHT is in us Just as Jesus has said.

Worry and procrastination are often linked together. For instance, have you ever known someone to be worried about a health condition, yet avoid going to the doctor to find out what it is? Do you think that the worrying is going to make you better? Procrastinating about it delays the help you may need. But we are worried about what we might find out? Is this logical? Of course not, but it is the power of worry.

You've heard the phrase, "I think, therefore I am." Rene Descartes said this. Cogito, Ergo Sum. So I changed that phrase for today to, "I think, therefore I worry." Stop, thinking so much about so many things that are outside of any of your control. Simplify your life. Do little children spend all day worrying about what they might eat, or wear. Do they worry that tomorrow something bad might happen? Adults worry because they know bad things can happen. But we can't alter tomorrow. We are not God.

The procrastination problem was because we needed to do something. The worry problem is because we need to STOP doing something. The fix for worry is clearly and plainly spelled out in scripture.

Phillipians 4:6-7

Just like procrastination is a sin, so is worry. It means we are not in close fellowship with God. It means we have drifted away from our Light Source and are afraid. A chronically, afraid, worrying Christian is an Christian not walking with the knowledge of our Lord and Savior.