

3/9/25

## **Sermon – There is one Rational Fear**

**Scripture – Luke 12:22-34**

**Main Message – What is the best strategy to handle worry, DON'T!**

What do you worry about? Health? Winter? Work? Commuting on the highways. Family & Children? Money? Here is a brief assignment for you. Go and write down the things that worry you. Be honest. I don't know anyone that doesn't have *something* that they worry about. Some are way better at handling things that might drive others into a tizzy. For some, worry is their superhero power. So go write them down. Rank them in order of intensity as to how much you dwell upon them.

Now one thing probably bumps up to the top of your list. Everyone's different of course, but I am guessing that everyone has some health issue or another that consumes some of their time. So I'll just use that as a working example for today.

So, you're worrying about your health. Maybe you got a thing going on. Maybe you know what it is. Maybe you don't know what it is. Let's first agree that worrying doesn't help. Worrying does not solve your health problem. In some cases, it might actually make the situation worse and exacerbate the situation. Then you worry about worrying. Let me put it another way. Worry is a sin. GREAT you say, NOW I have to worry about that! Worry stems from a heart filled with fear and uncertainty. These are not the things of God.

### **Read Luke 12 (stop at 32)**

Awareness of something is not worry. You can be aware of an issue, but it doesn't keep you up at night, it isn't present in your thoughts all day long, nor does it alter your mood. You can be aware of health issues and not be anxious. Fear and Worry drives the human spirit to do all manner of illogical things. When you fear something greatly, it consumes your thoughts. Your no longer living in the moment, but in a desert landscape of uncertainty. 99% of your worries never ever materialize. (Don't sue me if it's 98%)

What is the opposite of worry? For a Christian it should be, "Trust in God." If you fully trust God, what happens. Worry about your health? Worst case scenario is DEATH of the flesh, but with Jesus in your heart your spirit lives. Worried about money? Worse case scenario is you have none and God will show you how you can lean upon HIM even more.

Let me finish the last two verses here. Jesus is actually telling us to look into our heart. What is it that causes us to worry the most? In other words, what are we fearing? This is the treasure we most hold onto. Fear of losing it consumes those who place to high a priority on that thing. So, Jesus has said "DON'T!"

However, there is one fear that is proper and worthwhile. Only one "fear" that can change your life for the better. That one fear is summed up in this phrase.

### **Psalm 34:9**

**Fear the LORD, you his holy people, for those who fear him lack nothing.**

**Psalm 111:10: The fear of the LORD is the beginning of wisdom; all who follow his precepts have good understanding. To him belongs eternal praise.**

This is and has been always our strength. If you want to fear something, fear God. Make HIM the treasure you do not want to lose. Make him the thing you worry about. That is the beginning of wisdom, but it is not the finishing of it. When you find worry a thing of the past, then you will have perfected your relationship with God.