

# How To Win Over Worry

**Matthew 6:25-34** [New King James] *“Therefore I say to 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? Look at the birds of the air, for they neither sow nor reap nor gather into barns; yet your heavenly Father feeds them. Are you not of more value than they? Which of you by worrying can add one cubit to his stature? So why do you worry about clothing? Consider the lilies of the field, how they grow: they neither toil nor spin; and yet I say to you that even Solomon in all his glory was not arrayed like one of these. Now if God so clothes the grass of the field, which today is, and tomorrow is thrown into the oven, will He not much more clothe you, O you of little faith? Therefore do not worry, saying, ‘What shall we eat?’ or ‘What shall we drink?’ or ‘What shall we wear?’ For after all these things the Gentiles seek. For your heavenly Father knows that you need all these things. But seek first the kingdom of God and His righteousness, and all these things shall be added to you. Therefore do not worry about tomorrow, for tomorrow will worry about its own things. Sufficient for the day is its own trouble.”*

The Greek word translated “worry” in modern translations is “*mérimnaō*” which means to be anxious to the point of distraction.

**This was said by a man who faced more pressures, dangers and responsibilities than any other human being, our Saviour Jesus Christ.**

At infancy Jesus was the target of a demoniacal king, [**Matthew 2:16**].

As a youth Jesus had to keep Himself unspotted from the thousands of treacherous snares of adolescence and the pitfalls of youthful zeal, [**Luke 2:52**], to remain without sin, [**Hebrews 4:15; 1 Peter 2:21-22; 1 John 3:5**].

Even during His ministry, when anointed with the power of the Holy Spirit, Jesus had to scrupulously avoid saying or preaching anything that His professional enemies, the scribes and Pharisees, could use to shut down His ministry, [**Matthew 22:15**].

Yet Jesus Christ’s words were powerful and authoritative, [**Mark 1:22**].

**No-one else ever lived and endured such a pressured life as Jesus Christ ending with an agonising death which He was aware of from His youth.**

Yet Jesus Christ taught His own disciples to follow His example and **not** to worry.

The sinless Saviour of us all died single, childless, despised and abandoned by human comforts, yet was without worry.

**What keys did Jesus Christ possess to face such a life without worry?**

How can we overcome this nagging, draining concern, this morbid pessimism about the cares of this life?

**Philippians 4:6** [New King James] *“Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God;”*

We all have problems and challenges to meet, especially in trying to disengage ourselves from a society that is, with Satan’s backing, so resourceful at finding the weak chinks in our Christian armour, [**Ephesians 6:10-19**].

**How can we win over worry?**

**One key is where we place our confidence.**

**Hebrews 4:15-16** [New King James] *“For we do not have a High Priest who cannot sympathize with our weaknesses, but was in all points tempted as we are, yet without sin. Let us therefore come boldly to the throne of grace, that we may obtain mercy and find grace to help in time of need.”*

If we instead turn to self-help books, professional therapy and clinical counselling, this can only help minimally.

**The ultimate fact is that human life is tragic and meaningless apart from a relationship with the Creator God! [Proverbs 14:12]**

**Jeremiah 10:23-24** [New King James] *“O LORD, I know the way of man is not in himself; it is not in man who walks to direct his own steps. O LORD, correct me, but with justice; not in Your anger, lest You bring me to nothing.”*

**Only the Creator God and His Word, the Christian Bible, can give us answers of how to have a life that is free from the stress of non-productive worry.**

**John 17:17** [New King James] *“Sanctify them by Your truth. Your word is truth.”*

The Word of God, the Christian Bible, is where we find the truth, the **only** place.

**Matthew 7:24-27** [New King James] *“Therefore whoever hears these sayings of Mine, and does them, I will liken him to a wise man who built his house on the rock: and the rain descended, the floods came, and the winds blew and beat on that house; and it did not fall, for it was founded on the rock. But everyone who hears these sayings of Mine, and does not do them, will be like a foolish man who built his house on the sand: and the rain descended, the floods came, and the winds blew and beat on that house; and it fell. And great was its fall.”*

**If we build our life on the words of Jesus Christ, as recorded in the Christian Bible, we do not have to worry about anything that this world may throw at us, to harm us.**

Counsellors helping people with worry and anxiety sometimes ask people to consider three points:

**First** – what is the worst thing that can possibly happen?

**Second** – can I accept the worst if necessary?

**Third** – is there any way to improve upon the worst?

Jesus Christ faced this test in the Garden of Gethsemane, [**Matthew 26:36-44**].

He Himself had inspired the grim prophecies about His own cruel death.

The mental pressure, as a human being, to escape, to flee, to abandon the work He had to do was excruciating.

Three times Jesus Christ asked His Father in prayer if there was another alternative to crucifixion.

**Luke 22:44** [New King James] *“And being in agony, He prayed more earnestly. Then His sweat became like great drops of blood falling down to the ground.”*

**The “agony” here is mental pressure, psychological torture.**

**When we are anxious or worried we are disturbing the mind’s natural harmony and balance, stopping us from thinking logically.**

What did Jesus Christ do when faced with a situation that it was beyond anything we could ever face?

Jesus Christ faced the worst, accepting it and began to adapt to the new situation, even though it meant His own excruciating death.

**Hebrews 12:2** [Amplified Bible] *“Looking away from all that will distract to Jesus, Who is our Leader and the Source of our faith, giving the first incentive for our belief and also the finisher, bringing it to maturity and perfection. He, for the joy of obtaining the prize that was set before Him, endured the cross, despising and ignoring the shame, and is now seated at the right hand of the throne of God.”*

**Jesus Christ looked beyond the present to His promised future.**

We also if we have faith in what Jesus Christ has done for us by facing and going through with this excruciating death on our behalf that we don't have to face the wages of our sinful lives, [**Romans 6:23**].

**Romans 12:1-2** [NIV] *“Therefore, I urge you, brothers, in view of God's mercy, to offer your bodies as living sacrifices, holy and pleasing to God, this is your spiritual act of worship. Do not conform any longer to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is, his good, pleasing and perfect will.”*

**If we also offer our lives to God as a “living sacrifice” and seek to be re-educated by the Holy Spirit, we also can have joy in our trials, [James 1:2].**

**1 Corinthians 15:50-58** [New King James] *“Now this I say, brethren, that flesh and blood cannot inherit the kingdom of God; nor does corruption inherit incorruption. Behold, I tell you a mystery: We shall not all sleep, but we shall all be changed, in a moment, in the twinkling of an eye, at the last trumpet. For the trumpet will sound, and the dead will be raised incorruptible, and we shall be changed. For this corruptible must put on incorruption, and this mortal must put on immortality. So when this corruptible has put on incorruption, and this mortal has put on immortality, then shall be brought to pass the saying that is written: ‘Death is swallowed up in victory.’ ‘O Death, where is your sting? O Hades, where is your victory?’ The sting of death is sin, and the strength of sin is the law. But thanks be to God, who gives us the victory through our Lord Jesus Christ. Therefore, my beloved brethren, be steadfast, immovable, always abounding in the work of the Lord, knowing that your labour is not in vain in the Lord.”*

**This is where we are to focus our lives now, all possible through the sacrifice of Jesus Christ and the work of the Holy Spirit, producing the very character of the Creator God within us, [Galatians 5:22-23].**

Such an approach to our present physical life will eradicate worry from our minds.

**There is also a physical advantage to eradicating worry from our lives.**

**Proverbs 23:7** [New King James] *“For as he thinks in his heart, so is he ...”*

**This is what is called psychosomatic, the mind dictating the health of our physical body.**

**Proverbs 11:17** [New King James] *“The merciful man does good for his own soul, but he who is cruel troubles his own flesh.”*

**Our decision to be cruel or merciful will make a difference to our physical health.**

**Proverbs 14:30** [Amplified Bible] *“A calm and undisturbed mind and heart are the life and health of the body, but envy, jealousy and wrath are as rotteness of the bones.”*

**Proverbs 17:22** [New King James] *“A merry heart does good, like medicine, but a broken spirit dries the bones.”*

**In these scriptures we can see an incentive to avoid worry.**

**The damage that worry does to our health isn't worth it.**

**What if our worst worry comes true? –**

The same principles apply as to any small worries, the prescription is always the same.

**2 Timothy 1:7** [New King James] *“For God has not given us a spirit of fear, but of power and of love and of a sound mind.”*

**Look to the promises that the Creator God has given us in His Word, the Christian Bible, and allow the Holy Spirit to fulfil His work in us.**

**John 16:13** [New King James] *“However, when He, the Spirit of truth, has come, He will guide you into all truth; for He will not speak on His own authority, but whatever He hears He will speak; **and He will tell you things to come.**”*

The last part of this verse is a clear indication of how the Holy Spirit gives us the power to be positive in our lives.

**We need to focus on the big picture, and what God's Word, the Christian Bible, tells us is going to happen after the Second Coming of Jesus Christ.**

**1 Corinthians 15:50** [New King James] *“Now this I say, brethren, that flesh and blood cannot inherit the kingdom of God; nor does corruption inherit incorruption.”*

What is happening in this present physical life is a preparation for a far better eternal spiritual life.

**Philippians 3:20-21** [New King James] *“For our citizenship is in heaven, from which we also eagerly wait for the Saviour, the Lord Jesus Christ, who will transform our lowly body that it may be conformed to His glorious body, according to the working by which He is able even to subdue all things to Himself.”*

Jesus Christ often mentioned that He and we as His disciples, are **not** part of this present world, [**John 17:16**].

**John 16:33** [New King James] *“These things I have spoken to you, that in Me you may have peace. In the world you will have tribulation; but be of good cheer, I have overcome the world.”*

Because Christians are not part of the society we are bound to have tribulation in our lives.

**Hebrews 12:4-8** [New King James] *“You have not yet resisted to bloodshed, striving against sin. And you have forgotten the exhortation which speaks to you as to sons: ‘My son, do not despise the chastening of the LORD, nor be discouraged when you are rebuked by Him; for whom the LORD loves He chastens, and scourges every son whom He receives.’ If you endure chastening, God deals with you as with sons; for what son is there whom a father does not chasten? But if you are without chastening, of which all have become partakers, then you are illegitimate and not sons.”*

**Sometimes only severe trials can teach us the lessons we have to learn before we can be given a place in the Kingdom of God.**

**James 1:2-4** [New King James] *“My brethren, count it all joy when you fall into various trials, knowing that the testing of your faith produces patience. But let patience have its perfect work, that you may be perfect and complete, lacking nothing.”*

**Character is built when under the pressure of trials.**

**Hebrews 2:9-11** [New King James] *“But we see Jesus, who was made a little lower than the angels, for the suffering of death crowned with glory and honour, that He, by the grace of God, might taste death for everyone. For it was fitting for Him, for whom are all things and by whom are all things, in bringing many sons to glory, to make the captain of their salvation perfect through sufferings. For both He who sanctifies and those who are being sanctified are all of one, for which reason He is not ashamed to call them brethren,”*

**When we go through trials and suffering, in whatever form, we become brothers of our Saviour Jesus Christ.**

**Philippians 3:7-11** [New King James] *“But what things were gain to me, these I have counted loss for Christ. Yet indeed I also count all things loss for the excellence of the knowledge of Christ Jesus my Lord, for whom I have suffered the loss of all things, and count them as rubbish, that I may gain Christ and be found in Him, not having my own righteousness, which is from the law, but that which is through faith in Christ, the righteousness which is from God by faith; that I may know Him and the power of His resurrection, and the fellowship of His sufferings, being conformed to His death, if, by any means, I may attain to the resurrection from the dead.”*

Paul suffered because of his faith in and love for Jesus Christ, far more than we are likely to be asked to endure.

Yet notice the very positive approach Paul had, as he focussed his mind on what was beyond physical death, the resurrection to an eternal spiritual life in which there will be **no more physical pain**, [Revelation 21:4].

**Ecclesiastes 12:13-14** [New King James] *“Let us hear the conclusion of the whole matter: fear God and keep His commandments, for this is man’s all. For God will bring every work into judgment, including every secret thing, whether good or evil.”*

Human life is meaningless unless we take the Creator God’s overall plan for humanity into account. All humans were made to need the Creator God directing their lives towards eternal life with Him, [John 17:3], without Him we **cannot** win over worry.

This website is seeking to help you focus on the wonderful future.