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christiancounseling@earthlink.net www.ccmVT.org

## **JESUS' ANSWER TO WORRY**

### **Matthew 6:24-34**

Definition of WORRY (Greek verb, *merimnaó*): literally "to divide, part, tear apart." Worry certainly feels like that on the inside! The tense indicates continuous action, i.e., "Don't be a worry-wart!" Worry is "a small trickle of fear that meanders through the mind until it cuts a channel into which all other thoughts are drained."<sup>1</sup>

#### **I. DO NOT WORRY BECAUSE GOD IS YOUR FATHER WHO TAKES CARE OF YOU** [WORRY IS SENSELESS]

*"Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they? And who of you by worrying can add a single hour to his life?" 6:25-30*

Our God provides abundantly for his creation, and supremely for his beloved children. Worry is an attack on God's character.

#### **II. DO NOT WORRY BECAUSE GOD IS YOUR MASTER WHO DEMANDS EXCLUSIVE ALLEGIANCE** [WORRY IS SINFUL]

*"No one can serve two masters. Either he will hate the one and love the other, or he will be devoted to the one and despise the other. You cannot serve both God and Money." 6:24*

Our God alone is worthy of our full trust and complete devotion. Worry is an obsession with something other than him.

#### **III. DO NOT WORRY BECAUSE GOD IS YOUR KING WHO PROMISES LIFE TO THOSE WHO SEEK HIM** [WORRY IS SHORT-SIGHTED]

*"Seek first his kingdom and his righteousness and all these things will be added unto you as well." 6:31*

Our God rules the future, as well as the present, and gives abundant life now and eternal life to come, through Jesus Christ the Righteous One. Worry comes from the wrong kingdom.

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<sup>1</sup> Source for quote is unknown.

## A PLAN FOR GETTING RID OF WORRY

**ASSIGNMENT:** Write out in two columns your “CARES” and related “RESPONSIBILITIES.” See examples below.

CARES: All those things that are out of your control.

With your cares: PRAY about them, then SURRENDER THEM to God. He is in control!

RESPONSIBILITIES: Those things that you can do in faith in order to be faithful to God in your current situation

With your responsibilities: PRAY, then PLAN according to God’s priorities, then ACT. He is with you. Just take the next step. And then the one after that.

Summary: Surrender to God those things you cannot control, and then make a simple plan about how you will do your responsibilities. Let go of *God’s* business, and take steps to go about your *own* business, according to your calling, and in God’s strength. Having prayed about the “cares,” what one thing can you do TODAY to begin resolving the problems that worry you?

### EXAMPLES:

#### CARES

Find a job  
Have enough to provide  
Have a better marriage  
Have more friends  
Stay healthy and live long

#### RESPONSIBILITIES

Look for a job  
Work, plan, and save  
Be a better husband or wife in this way....  
Act like a friend to ....  
Maintain wise diet and exercise

A FUNDAMENTAL QUESTION: Are you right with God? If you are, you have nothing to fear. If you are not, your worst fears are better than the reality of your condition. Study carefully the download “Gospel Presentation” at [www.ccmVT.org](http://www.ccmVT.org), resources.

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