

**Series: Peace of Mind
“Why Do We Always Worry?”
Matthew 6:25**

Big Idea – What I worry about the most shows where I trust God least.

In a continuing Series called “Peace of Mind” - Talking about Mental Health.

By the way, do you know what we mean when we say “mental health?”

“Mental health is a state of mental well-being that enables people to cope with the stresses of life, realize their abilities, learn well and work well, and contribute to their community. It is an integral component of health and well-being that underpins our individual and collective abilities to make decisions, build relationships and shape the world we live in.”

So far talked about dangerous myths about mental health, then Anxiety, last two weeks looked at Depression; Next time we'll look at Chronic negativity - Trauma/Abuse - Burnout

Today talk about one of the biggest mental health problems. according to W. H.O., Americans have a bigger problem with this issue than any other people in the world. So just stop and think about that fact a moment:

the most affluent society in the world is actually the most worry-filled society in the world.

So, for those of us that are Americans, congratulations, we win, at a thing that we'd rather not win at.

But many of us battle this chronic, ongoing, thing that we think is natural, the ever present sense of worry, that's poisoning our peace and killing our joy, and stunting our spiritual growth.

Barna Research, about 60% of adults in the US, struggle with worry and stress daily. Over half. In fact, if you're in the normal percentages, that means about half of you right now may find yourself struggling to focus on this message, because you've got some weight, some burden, some concern, somebody that you love, something that you want to change, and it's in front of your mind or always present, and we just live in a state of worry.

Why is it that so many of us find ourselves battling with worry?

Because of our sinful nature our default position is Fear, not Faith.

Sadly fear paralyzes us, imprisons our spirits and limits our potential.

It stops us from doing what we should do and makes us worry about everything.

At 2am you're not awake trying to figure out how to manage peace & joy!

No you're worrying about your kids' wrong friends, Health concerns, Job stressors, Aging parents or perhaps you limit your worry to big things,

Terrorism, Wars, Racism, Division, Politics, or the Price eggs or gas!

What's the difference between anxiety and worry?

They overlap, perhaps a little bit of an oversimplification, but let's go ahead and make this distinction. Here are some differences.

When we think about worry, we tend to experience worry in our minds. It's something where we over and over and over again, we dwell on the thoughts in our minds.

Anxiety is different. We tend to experience worry in our minds, but we generally experience anxiety in our bodies. It's a little bit more all-encompassing. Worry might be specific. Anxiety is more holistic.

For example, you might worry that you're going to miss a flight. I don't want to miss a flight. Oh my gosh, we're going to be late. But you feel anxious about traveling. I get so anxious when I travel, I'm all tense, my body's tied up in knots. Worry is more specific. No matter what we call it, with all the problems in the world today, it feels like somebody needs to worry about them.

Jesus tells us that we don't have to! In fact, with Him on the throne, we shouldn't worry about anything!

In Matthew 6 I want to see multiple times Jesus tells us, do not worry.

What things did Jesus tell us not to worry about?

Finances

Food

Fitness

Fashion

Future

In Matt 6:25, Jesus says...

"Therefore I tell you, do not worry..." Matt 6:25

Any time you see "therefore" in Bible—Ask what's it there for?

Look at the verse before—In verse 24, Jesus said...

"...You cannot serve or love both God and money." Matt 6:24

"Those who love money will never have enough. How meaningless to think that wealth brings true happiness!" Ecclesiastes 5:10

Or, in the words of the insufferable George Carlin, "Trying to be happy by accumulating possessions is like trying to satisfy hunger by taping sandwiches all over his body."

Jesus says—Don't worry about finances—Can't love both God & money.
So don't overly focus on & obsess about money—Verse 25 again...

"Therefore I tell you, do not worry about your life, what you will eat or drink; (Food) or about your body, (Fitness) what you will wear. (Fashion) Matt 6:25

Jesus said - Don't worry about food.

The people Jesus was talking to probably worried about food because they were poor and didn't have enough to eat.

On the other hand we worry about where are we going out to eat.
Often we eat too much - Many times the wrong kinds of food.

Don't worry about your body. Don't obsess about your health.
Take care of yourself. Body is temporary. We're focused on eternal.

Don't worry about what you wear—Fashion
Don't worry so much what people think about you!
Before a big event—Try on outfits—Which one do you like?
If you spent as much time thinking about God—As what you wear...
it would change the trajectory of your life!

"Therefore do not worry about tomorrow, for tomorrow will worry about itself..." Matt 6:34

Jesus says, don't worry so much about those things that do not last.
And then he says, "Therefore, "do not worry about tomorrow, "for tomorrow will worry about itself." Don't obsess about the future. Don't freak out about something you can't control, where you'll go to school, are you going to get the perfect job? Don't worry if a loved one's going to get sick, or just obsess about the fact that your hair might be getting thin.
Jesus says, "Don't worry." Jesus doesn't just tell us not to worry.

He shows us how not to worry!

"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?" Matt 6:26

Jesus shows: God loves you way more than birds. And birds don't worry!
To be clear—If a bird is hungry—Does something about it.
Illustrates the difference between concern and worry.

What's the difference between concern and worry?

- Concern focuses on challenges and moves you to action.
You think—My marriage is struggling—Concern—Get counseling.

Gained 12 pounds—Concern—Cut back on soft drinks.
Concern focuses on challenges and moves you to action.

- Worry focuses on what's beyond our control and results in inaction. Some might call it Stewing without doing—That's why Jesus asks the question in vs 27

"Can any one of you by worrying add a single hour to your life?"
You worry - Nothing gets better! But your mental health gets worse.

Birds don't worry! And birds don't sit around doing nothing!
Birds don't wait for God to drop food in laps - Don't have laps. 😊
Get up - Fly around - Find a worm - Eat - Fly around - Sleep.
Don't hear chirp-chirp-chirp at night - Asleep!
Never see a bird awake - Pacing nest - Rubbing wings asking...
"I wonder if supply chain problem going to result in shortage of worms?"

When we're worrying we're basically saying,

God - I don't really trust you!
God - I don't trust your plan!
God - I don't believe you are with me!
God - I'm not sure you are really good!

Remember what our big idea was for today?

What you worry about most reveals where you trust God the least.

So what is it for you?

Relationship? Health concern? Financial fear? Personal insecurity?
You won't measure up? Not good enough? Don't have what it takes?

What do we do when we realize we aren't trusting God?
Supposed to just trust God with my future? Finances? Future? Family?

What are we Supposed to do? Great question. Jesus shows us:

What does Jesus tell us to do rather than worry?

But seek first [God's] kingdom and his righteousness, and all these things will be given to you as well. Matt 6:33

Psalm 23:1 "The Lord is my Shepherd, I lack nothing!"

Whenever you're worried, whenever you're freaked out, whenever you're panicked, whenever you don't know what to do, whenever there's too much to bear, what do you do?

You seek first God's kingdom. You seek first His righteousness. You seek first His presence. You seek first His goodness, and then everything else will be added unto you.

I ask you this question, is God really first in your life? Is he first in your life? Is he first in your day, when you wake up in the morning, does your mind drift to all the things you have to do that day? Or does your mind drift toward the things of God, who He is? When you think about the financial pressures, do you tend to put him first in whatever he blesses you with? Do you give back to Him? Or do you put him last, if you consider him even at all?

Where does your mind go when it drifts? Does it go to the worst possible case scenario, and here's what could happen? Oh my gosh, my child is late, they're probably dead on the side of the road. Or, my child is late, they're probably late again.

Does your mind drift toward the goodness of God, the presence of God, his power, his love, his grace?

Do you put God first in your relationships? Are they centered around him in every single way? Seek him first. Seek him first. Seek him first. Seek him first.

Some of you may just come to the realization that maybe the reason why I'm so often burdened and worried is because I'm not putting him first. I'm not putting him first.

What we worry about the most might reveal where we trust God the least.

the good news is, there's an incredible opportunity for you to put your cares in the hands of God.

He says, "Cast all of your anxiety on me, "because I care for you." Cry out your heart to him, when you draw near to him, he draws near to you. Cry out to him, cry out to him. Take that burden to him.

What is true about the thing you're worried about?

1. may never happen.

The very thing that's keeping you awake, that's weighing on you so heavily, it may never ever happen.

In fact, there's a study done by researchers at Penn State that ask people to document what they were worried about, and how many of their fears actually came to pass in the next 30 days.

According to their research, 91% of their worries did not come true. 91%, nine out of 10 things they were worried about never ever happened.

I want you to think about this, that very likely less than 10% of what you worry about, will happen.

However, your worry will rob you of peace 100% of the time. Most of what you think about, worry about, is not going to come to pass, but worry will rob you of peace, and maybe even awareness of God's presence 100% of the time. So whatever it is, that's on your mind, that burden, one thing, one option is, it's not going to happen.

2. may happen, and it won't be as bad as you thought. This is very, very common, right. You think it's going to be horrible, and then it happens, you go, oh, well that wasn't so bad. I worried all and all about that thing, and you didn't do great on the presentation, and nobody really cared. You still got a job. You asked her out on a date and she said no, and lo and behold, you didn't bleed out by her locker, you still live to ask another girl out on another day. Or you said something totally stupid, and everybody laughed at you, and a few of you kind of liked you more on the other side, because now you're kind a human. What you're worried about, what's weighing on you, it may never ever happen, or it may happen and not be as bad as you thought.

3. may happen, and God will carry you through it.

It may actually happen, or maybe even worse than what you thought, and you may experience the goodness, and the presence and the provision, and the peace of God in a way that you never ever imagined possible.

This message series has been hitting home with many people, because so many people are hurting. What I've found is that we often get to know God best, when we need Him most. Maybe some of you right now, you're carrying a burden that just seems too great to bear. This may be an opportunity to take that relationship, to take that care, to take that situation, take that fear, to take that very thing you'd dread and take it to God, and know that He cares about you, that he's with you, that he's always good. And remember, what you worried about may not even happen, and it may happen and it may not be as bad as you thought, or it may happen and he'll provide for you in a way that you never imagined.

Turn in your Bibles to the book of Psalms as we close.

Psalm 37:7 "Rest in the LORD and wait patiently for Him; Do not fret because of him who prospers in his way, because of the man who brings wicked schemes to pass.

8 Cease from anger and forsake wrath; Do not fret--it only causes harm."