

## **The Biblical Perspective on Worrying!**

(Matthew 6:25-34; Philippians 3:13-14)

### **Sunday, June 4, 2023**

Someone once asked, “what if you woke up in the morning with nothing to worry about, totally carefree, content, secure and happy - Wouldn’t that be great?” Then someone replied, “Oh, if that happened, I’d be worried that I had lost my mind.”

For a confirmed worrier like that, there is probably no cure. But for those of us who are still amateurs, as far as worrying is concerned, the Bible offers some hope for improvement, or a cure!

Worry relates primarily to two of the three tenses. We worry about things that happened in the past tense, and we worry about what may happen in the future tense. But the general emphasis of the Bible is on the present, the “now.”

### **Sunday, June 11, 2023**

#### **I. Don’t Carry the Burdens of the Past!**

A. The Apostle Paul says in Philippians 3:13-14, that a runner must erase from his mind the track he has covered and keep his attention on the finish line. Paul speaks in these verses of a deliberate effort to forget about past problems and failures, and perhaps even past glory. The finish line and the prize motivate the runner to press ahead.

B. You cannot effectively live today if you are still carrying yesterday’s burdens. Worries related to wrongs suffered in the past need to be resolved with forgiveness. Worries related to guilt over sins committed in the past need repentance and acceptance of cleansing. Worries involving unsettled obligations from the past need to be handled with complete restitution. Allow the past to recede into the past; wash your hands of its lingering residue.

**Sunday, June 18, 2023**

**II. Don't presume the problems of tomorrow!**

A. Matthew, in his gospel, urges not to worry about the future. In Matthew 6:34, the New American Standard Bible renders the text for this message "each day has enough trouble of its own." God promises sufficient grace for us to meet and victoriously deals with each day's problems. But if we use up vast amounts of today's grace supply to deal with next week's problems, we soon find ourselves unable to cope with today's demands. Grace, like manna in the wilderness, is a daily provision. We cannot successfully store it up for future use, and we cannot get "credit" to extract an advance on next week's allotment.

B. James 4:13-15 reminds us not to presume that tomorrow will even come. Worrying about the future, for the Christian, reflects this kind of arrogant presumption. James and Matthew both seem to be advising us, "allow God to enable you to cope with this present moment, and trust Him to be able to do the same when the future moment of need arrives." Don't worry about the future. Someone has said, "life by the mile is hardly worthwhile, but by the inch it's a cinch."

**Sunday, June 25, 2023**

**III. ACT Now!**

A. The person who is doing wrong in the present has some justification for worrying about the future. Today's misdeeds will taint tomorrow and upon arriving at tomorrow, there will be a past to regret. Today is vitally important! Yesterday is a cashed and canceled check. Tomorrow is a promissory note with no collateral or signature. But this present moment is precious. It provides the possibility of taking action, making a change, doing right.

If you have something important to do, do it now. Much worry can be avoided by taking constructive action. Worry is often the poor substitute a lazy or cowardly person uses for not doing what needs to be done. 2 Corinthians 6:2 says, "Now is the accepted time; behold now is the day of salvation." If you need to make an important decision about your relationship with God, do it now! If you need to express love to a family member or friend, do it now! If you need to make a wrong right, do it now!

B. The Christian faith is a present tense way of life. Had Jesus been a procrastinator, we would still be wretched lost beings without a Savior. God described Himself to Moses as the eternally present one. He said simply, “I AM!” The present tense of “to be” is the best understanding we can grasp concerning His nature. He “is!” And He wants us as His heirs to “be” – Now!

This present moment is the most valuable possession your own. Material things, your good health can disappear in an instant. Yesterday is spent and tomorrow isn’t yours to spend. Use this gift of the present wisely.

Apply forgiveness to the past, apply faith to the future, and apply yourself to the present.