

Worry

by Bill Crews

To worry about anything (1) shows a lack of trust in God (in His many promises, in His providence), (2) serves no useful purpose, (3) does not help us to deal wisely with the situation about which we worry, and (4) is wrong, sinful.

Some English translations read: “be not anxious,” “take no thought,” “be careful for nothing,” but the warning has to do with worry. And just what are we to do about worry?

1. It is a burden that we do not have to bear. “Casting all your anxiety upon him because he careth for you” (1 Peter 5:7). Give it to the Lord, and He will take it.
2. It is something we need to pray to God about. “In nothing be anxious; but in everything by prayer and supplication ... let your requests be made known unto God” (Philippians 4:6). In no situation are we to worry. When we think we have to, when we are tempted to, that’s the time to go to God in prayer with our petitions, requesting what we think we need – wisdom from God, His solution for our problem, for Him to work out our problem. But you will notice that some words are missing from my quotation of Philippians 4:6. The words I omitted? “With thanksgiving.” While we are praying to God, presenting our petitions, making our requests, let us never forget to also thank God for our many blessings. Worry has a way of closing our eyes to our blessings.
3. Don’t even worry about the necessities of life. “Be not anxious for your life, what ye shall eat, or what ye shall drink; nor yet for your body, what ye shall put on” (Matthew 6:25). Please read Matthew 6:25-34. God is well aware of our needs, and He who provides food daily for the birds of the air and clothes the lilies of the fields in beautiful array will surely provide the needs of those who are made in His image and who are of **much more value** than the birds and the flowers. Do we want to be sure that we will always have our physical needs met? Then put spiritual things first! “But seek ye first his kingdom, and his righteousness; and all things shall be added unto you” (Matthew 6:33). Worry but adds to the already sufficient evil of each day (v. 34).

The anxious cares of this life can choke the word of God from our hearts and cause us to become unfruitful (Luke 8:14). The anxious cares of this life can pull us away from God and into sin to such an extent that we will be unprepared for the day of judgment (Luke 21:34). Let us accept and apply God’s prescription for worry.

“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.” Matthew 6:25-34

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