

Trusting God

TEXT: Various

THESIS: If we can learn to put our trust in God, we will cease to worry as the world tells us to do.

INTRODUCTION:

1. Blessed assurance is a confidence that rests upon God, not on man.
 - a. There are plenty of things in this world to cause men to give up and fret for the rest of his days if it were not for faith in God.
 - b. David said, "I would have lost heart, unless I had believed that I would see the goodness of the Lord in the land of the living" (Psa. 27:13).
2. The entrance of sin into the world brought the consequence of fear that man faces on a daily basis.
3. A part of the work of redemption was to deal with the problems that Satan brought into the world through sin.
 - a. One of those problems was the concept of anxious care.
 - b. The Lord's work of redemption provides the peace of mind and heart needed to live in this troublesome world.
4. It is truly a blessed assurance that gives peace to the mind and conscience.
 - a. And so, I want to deal with worrying, to define it and how to eliminate it from our lives.

DISCUSSION

I. CONCEPT AND CHARACTERISTICS OF WORRY

- A. The word "worry" comes from an old English word that means, "to choke or to strangle."
 1. Synonyms for this word include: anxiety, anxious care, fret, fear and dread.
 2. The Old Testament word for worry is da'ag and means "to fear, be afraid, to be anxious."
 3. In the New Testament, the word worry, mer-im-na-o which means to "be drawn in different directions, to promote one's interests."
 4. One can see from such definitions that worry does not provide the best for man's life.
- B. Now, there are various passages in the Bible that speak of these things.
 1. In Ezek. 4:16-17 and 12:18-19, we see that worrying brings a sense of uneasiness and stress that is so disturbing that life is no longer pleasant.
- C. Jesus said in the parable of the soils, that, "he who received seed among the thorns is he who hears the word, and the cares (anxiety or worries) of this world and the deceitfulness of riches choke the word, and he becomes unfruitful" (Matt. 13:22).
 1. It is mentioned again in Mk. 4:18-19 and Lk. 8:14.
 2. There are two interesting thoughts from these New Testament passages:

- a. First, Jesus says that cares choke the word (Matt. 13:22; Mark 4:19).
 - (1) The thorny soil hearts “go out and are choked with cares” (Luke 8:14).
 - (2) These seem to fit the Old English definition of worry, which is “to strangle.”
 - (a) So, the word received by the heart is not able to produce the needed fruit because of worry and its fellow worldly attributes choke the word in the heart.
 - (b) Which is why people are not faithful to God or leave the church altogether.
 - b. A second interesting thought is that the word translated “care” follows the thought of going in different directions.
 - (1) The heart characterized by the thorny ground is not single-minded.
 - (2) Worry tends to be true of the person who is constantly pursuing any and every way that the world would travel.
 - (a) There is a constant sense of unrest where worry is present.
- D. Now, worrying is not just in the hearts of unbelievers.
- 1. Consider the account of Jesus in the home of Mary and Martha.
 - 2. When it came time for the meal to be eaten, Martha concerned herself with the meal while Mary listened to Jesus.
 - 3. Consider Lk. 10:40-41 and the situation as it relates to worry: “But Martha was distracted with much serving, and she approached Him and said, Lord, do You not care that my sister has left me to serve alone? Therefore tell her to help me. And Jesus answered and said to her, Martha, Martha, you are worried and troubled about many things.”
 - a. Worrying affects those who are disciples of the Lord and is characterized by being distracted and places stress upon things that are of minor significance.
 - b. Worry works itself into being critical of good people.
 - (1) It has as its companion a troubled mind.
 - (2) And, families are always stressed by a troubled mind where worrying is allowed to reside in their thinking.

II. CONTRAST TO WORRY

- A. A single-minded heart is the necessary component to combat worry.
 - 1. James stated, “If any of you lack wisdom, let him ask of God, that giveth to all men liberally, and upbraideth not; and it shall be given him. But let him ask in faith, nothing wavering (separated or doubting). For he that wavereth is like a wave of the sea driven with the wind and tossed. For let

not that man think that he shall receive any thing of the Lord. A double minded man is unstable in all his ways. ” (James 1:5-8).

2. When we consider Martha, she was concerned over many things while Mary was single-minded in her purpose the day Jesus was with them.
 - a. Mary knew, that listening to what Jesus had to say, took priority over looking for food or listening to the belly.
 - b. Jesus is our highest priority in life and when we put something else above Him, we have two minds trying to go in different direction which makes us unstable and inconsistent.
- B. Now, single-mindedness points to the next facet of the contrast to worry and that is, confidence in God.
1. A supreme confidence in God is proclaimed throughout the Bible to deal with the stresses of life.
 2. David wrote of old, “Cast your burdens on the Lord, and He shall sustain you; He shall never permit the righteous to be moved” (Psa. 55:22).
 3. When Peter was writing to those facing the fiery trials of persecution, he closed the inspired words, to those readers with the message, “casting all your care upon Him, for He cares for you” (1 Peter 5:7).
 - a. This is a quote from the very words that David gave to comfort the righteous in his day.
 4. David also wrote in psalm 37:1-8, “Do not fret because of evildoers, nor be envious of the workers of iniquity...Trust in the Lord and do good; Dwell in the land, and feed on His faithfulness. Delight yourself also in the Lord, and He shall give you the desires of your heart. Commit your way to the Lord, Trust also in Him, and He shall bring it to pass,...Rest in the Lord, and wait patiently for Him: Do not fret because of him who prospers in his way,...Do not fret—it only causes harm.”
- C. A comfort of spirit due to a spiritual mind is the result of true peace.
1. Where there is a single mind and a solid confidence in God there follows a peace of spirit that makes life so sweet.
 - a. Paul wrote from a Roman prison that he was content in all things and had peace (Phil. 4:11-13).
 - b. It is written in the book of Hebrews, that we are to be content with such things as we have (Heb. 13:5-6).
 2. Being content does not have to do with money as it does with stop worrying about living life and be satisfied not only with what one has, but to know God personally and experience a constant companionship and care with the Creator knowing that He never leaves or forsakes us!
 - a. Our thoughts are to be focused upon Christ and the glorious hope of eternity, not upon the world and its possessions.

III. CONCRETE STEPS TO ELIMINATE WORRY

- A. The Lord, knowing that man would have trouble with fears, gives sound

instruction to overcome and eliminate worry.

1. Of course, faith in God is the key component to circumstances beyond one's control.
 2. But, I want you to focus on Mk 13:9-11 and the interesting statement made by Jesus to the apostles regarding persecution and how they were to handle it: "But be on your guard. For they will deliver you over to councils, and you will be beaten in synagogues, and you will stand before governors and kings for my sake, to bear witness before them. And the gospel must first be proclaimed to all nations. And when they bring you to trial and deliver you over, do not be anxious beforehand what you are to say, but say whatever is given you in that hour, for it is not you who speak, but the Holy Spirit" (ESV).
 - a. The inspiration of the Spirit provided divine revelation which allowed the apostles to deal with their stressful situations.
 - b. Today, divine revelation is in the inspired word of God and Paul wrote to Timothy that the word of God corrects and instructs our lives so that we can not be anxious about what to say or do (2 Tim. 3:16-17).
 3. Therefore, the more one knows and applies the Bible to life, the more one is able to conquer the problem of worry.
- B. Jesus further spoke of the problem of worry in what is often called the Sermon on the Mount.
1. In Matt. 6:24-34, Jesus said that you cannot serve two masters.
 - a. If you worry about life, you cannot serve God.
 - b. If you worry about making it from day to day, you cannot serve God.
 - c. If you worry about being taken care of, you cannot serve God.
 - d. If we cleave to the world, we cannot serve God.
 2. It is quite clear that we either serve God or material things and when we serve material things, we worry, we become drawn in different directions.
 - a. There must be the service of only one master, thus being single-minded.
 - b. A materialistic approach to life is a sure path to a worrisome life.
- C. Trusting in God to take care of the basics of life is a step toward conquering worry.
1. Setting spiritual priorities of the kingdom of God and His righteousness fills the void of a life of worry.
 2. Man does not need to let his mind fret about tomorrow since he can only live life one day at a time.
 - a. While this does not eliminate the need for planning ahead for the future (Lk. 14:28), it does mean that anxiety over what might not even have to be faced is a waste of good time.
 - b. Luke's account of these same words gives this detail. "Do not fear,

little flock, for it is your Father's good pleasure to give you the kingdom" (Luke 12:32).

3. The command "Do not fear" or "Do not be afraid" in the face of trying circumstances is found throughout the Bible (Josh. 1:9; Acts 27:24).
- D. Another step to deal with worry is to lay troubles before the throne of God in prayer.
1. Paul wrote to the Philippian brethren, "Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus" (Phil. 4:6-7).
 - a. Notice that first, one is to put away anxious care.
 - (1) This is commanded and must be let go.
 - (2) It's not an option!
 - b. Second, one is to pray to the Lord concerning one's needs.
 - (1) Prayer is not for God's benefit but for man's.
 - (2) God knows what we need even without our asking (Matt. 6:32) and is able to do exceedingly more than anyone is able to ask or think (Eph. 3:20).
 - c. But, prayer is the pouring out of man's heart before the One who is the Great Supplier of needs (Phil. 4:19).
- E. Another way to fill our minds with good instead of worry is to have positive thoughts as a child of God instead of the fearful cares of this world.
1. It seems that many of the things we hear about on T.V. or in papers is just about doom and gloom.
 2. The media tells us to worry about this, worry about that, be afraid of this.
 - a. Well, la di da.
 - b. What does this have to do with the Christians?
 3. Whatever happened to the things that Paul said to think about:
 - a. Whatever things are true,
 - b. Whatever things are noble,
 - c. Whatever things are just,
 - d. Whatever things are pure,
 - e. Whatever things are lovely,
 - f. Whatever things are of good report.
 - g. Do we meditate on these things (Phil. 4:8) or are we just constantly worried about what goes on in the world?
 4. Paul commanded us to transform our minds and to focus on the spiritual which is above the worldly and is key to handling worry (Rom. 12:2).
- F. If we want to overcome being a worrier about things in life, remember this: "The things which you learned and received and heard and saw in me, these do, and the God of peace will be with you" (Phil. 4:9).

CONCLUSION:

1. You know, one cannot be simply a hearer or mere student of the Bible without applying its teaching to everyday life.
 - a. Here is probably one of the biggest reasons why worry overtakes so many.
 - i. It is not a matter of whether people know the passages in the Bible that address peace and contentment.
 - ii. It is the matter of applying them to life.
 - b. Being a forgetful hearer does not produce the blessed life (James 1:22-25).
 - i. Jesus Himself stated the principle, “If you know these things, blessed are you if you do them” (John 13:17).
2. Worry is a great robber.
 - a. It robs the heart and mind of true peace.
 - b. It robs the soul of its closeness to the Lord.
 - c. It robs the physical body of the strength needed to face the obstacles of the day.
3. Let’s all simply heed the words of the Lord with a single mind and “Fear not.”
4. Do you want to remove your worries in life?
 - a. Then, come to God and leave the world behind.
 - b. Come and submit to Him, “And the peace of God, which passeth all understanding, shall keep your hearts and minds through Christ Jesus” (Phil. 4:7).