

Happy B-Day Life Church

Street Magic Series - Woman Caught in Adultery, Water to Wine, Healing 10 Leppers

ME

Worry has been a significant issue in my life.

Growing up I was taught that worry was a normal part of life, it ran in our family and everyone does it.

Rick Majerus, men's basketball coach at St. Louis University: "Everyone's worried about the economy this year. Hey, my hairline is in recession, my waistline is in inflation, and altogether, I'm in depression."

WE

Perhaps you can relate to worry sometimes dominating your life and affecting your health, your emotions and your faith?

Sometimes, as Christians, we hide our worries and call them 'concerns.'

Write down what worries are on your mind right now.

My Proposal: Worry is dangerous and destructive if not dealt with. Worry can steal your health, your emotions and your faith.

Health

In December of 2005, a team of Australian researchers confirmed a long-suspected link between worry and illness. The group discovered that a hormone called neuropeptide Y

(NPY) is released into the body during times of worry and emotional stress. This hormone undermines the body's immune system and literally makes you sick. NPY inhibits the cells in the immune system that look out for and destroy pathogens in the body."

Emotions

Worry does not empty tomorrow of its sorrow, it empties today of its strength. *Corrie ten Boom*

Faith

glass of water

A dense fog covering seven city blocks to a depth of a hundred feet contains less than one glass of water.

Worship and worry cannot live in the same heart; they are mutually exclusive. *Ruth Bell Graham.*

Not believing God, but believing that the worst possible outcome will happen.

Romans 14:23 **"everything that does not come from faith is sin."**

Def. of Worry: "The sin of distrusting the promises and power of God"

Proverbs 12:25 "Worry weighs a man down"

Illustration: Backpack – weight of worries

111 People Responded

What do you worry about?	%
Finances (debt, savings, bankruptcy, foreclosure, economy)	63%
Relationship with God	48%
My Children (grades, future, faith, health, friends, drugs, alcohol)	46%

My Job	38%
Health of Parents/Friends	35%
My Health	35%
Our Country	33%
The Future	29%
My Marriage (conflict, spouse, etc.)	27%
Being Accepted By Others	25%
Retirement	23%
Relationship with My Friends	19%
Finding a Future Spouse	14%
Other	7%
I Don't Worry	6%
My Grades (being accepted, fitting in, friends, girl/boy friend, sexuality, grades, big project/test)	4%

Worry can steal your health, your emotions and your faith.

GOD

The Bible gives us an excellent example of someone dealing with worry and how to properly handle it. Jesus also directly addresses the topic of worry.

Matthew 8:5-10

5When Jesus had entered Capernaum, a centurion came to him, asking for help. 6"Lord," he said, "my servant lies at home paralyzed and in terrible suffering."

Capernaum - was a Jewish territory; Jesus was a Jewish rabbi
Centurion - was a gentile, a Roman officer, probably the commander-in-chief of that part of the Roman army which was stationed at Capernaum

+ A gentile would go to Jesus (who was not like himself, very different, someone he didn't really understand) and seek his help, trust him with his servant's life

+ Here is a man in a position of power & influence, humbling himself to seek out Christ's help

+ A man that cared much for his servants; his servant was in a state of great suffering and beyond natural treatment
+ the centurion had a situation that he had no control over, so he looked to Jesus for help

1) the centurion did what he could (all that was in his power) by taking the action "to go" to Jesus

dump backpack out

2) he gave to God what he could not do

7Jesus said to him, "I will go and heal him."

8The centurion replied, "Lord, I do not deserve to have you come under my roof. But just say the word, and my servant will be healed. 9For I myself am a man under authority, with soldiers under me. I tell this one, 'Go,' and he goes; and that one, 'Come,' and he comes. I say to my servant, 'Do this,' and he does it."

+ Notice Jesus' response, no questioning or challenging of the centurion, He responds immediately. Answering his request for help. Jesus didn't care that this was not a man of faith, not a Jew.

+ Jesus did not refuse his help for a simple servant --> there is no one too insignificant for the love of Christ

+ he trusts Jesus without seeing the results – trust God no matter what

10When Jesus heard this, he was astonished and said to those following him, "I tell you the truth, I have not found anyone in Israel with such great faith."

+ (vs 10) notice what Jesus commends in the Centurion, not his power or position or influence, but His faith! He trusted Jesus completely with the situation.

We see the Centurion doing two things in this situation:

- 1) He does everything in his power to address the situation (going to Jesus)
- 2) He lays the worry down to Jesus & trusts Him completely

Matthew 6:25-34

+ Jesus devotes 10 verses to the topic of worry! Jesus knows that Worry can steal your health, your emotions and your faith.

Jesus starts off with **“Therefore I tell you, do not worry about your life...”** - Matthew 6:25

- Jesus points to nature as an example of how God provides
- if God provides everything needed for a simple flower or bird (food, water, sun, soil, etc.) and how much more is He going to care for and meet the needs of us, His greatest creation that He created in His image
- worrying has no useful purpose, Jesus asks in vs 27 "Who of you by worrying can add a single hour to his life?"
- Actually, as we have learned through science today excessive worry will actually shorten your life!

Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.”

- Matthew 6:34

I struggle with this... it seems a lot easier to say “don’t worry about tomorrow” then it is to actually do it. Maybe you do to?

YOU

Next time you worry, first do what is in your power to address the situation and then trust God with the rest.

1. Do your part.

- the centurion took action to go to Jesus

2. Give the rest to God.

- the centurion trusted Jesus completely

We don’t usually have problems with the “Do your part” it’s the “giving the rest to God” we often forget to do.

2 Corinthians 10:5: **“5We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ.”**

- This is a process. We must renew our mind.
- share experience of speaking another language, translating

Romans 12:2 – Do not conform any longer to the pattern of this world, but be transformed by the renewing of your mind.”

How do we transform our mind? **Write it, pray it, leave it.**

Why write it down? This will remind you to give it to God. Pray about it and leave it at that.

- give yourself permission not to worry about it
- share personal story of not being able to sleep at night

READ EMAIL

Write it, pray it, leave it. – try it for ONE week

WE

I don't know what you are worried about today? Worry is a sin that I refuse to live with in my life.

Imagine what would happen in your life, your family, our church and our community if people stopped worrying about tomorrow, fully trusted their entire lives to Jesus!

God's promise to us:

Philippians 4:6-7 (Paul writing from prison): **6Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. 7And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.**

- story of Noah walking in grass holding hand

END OF SERVICE

Prayer:

Isaiah 26:3:

You will keep in perfect peace him whose mind is steadfast, because he trusts in you.