

DO YOU WORRY?

By Keith Greer

Worry is the most popular form of suicide. It can cause all sorts of health problems: heart disease, stomach disorders, ulcers, high blood pressure and migraine headaches. It disturbs sleep, spoils digestion, weakens the body and warps character. It is a universal problem--it affects all classes of people: poor, rich, young, old, male and female.

What do we worry about? We worry about how to make money-then losing it. We worry about what we have and what we don't have, what we failed to do and what we have done, the economic conditions, job security, and a host of other things.

What does Jesus tell us about this thing called "worry"? Listen carefully:

"Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God;" {Philippians 4:6}

"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?" {Matthew 6:25}

We are created in the image of God. Man is His greatest creation. Man was placed here and given dominion over the whole earth, Genesis 1:28. Life, I believe, is made up of much more than food, clothing and drink. Is this a command which is binding upon us? Can man truly live without being anxious?

Can I change anything about my life by worrying? "Which of you by worrying can add one cubit to his stature?" {Matthew 6:27} This reminds me of a poem I have in my office: "**Help me change the things I can-- accept the things I cannot-- and the wisdom to know the difference**". Why is it wrong for a child of God to worry?

Worry denotes a lack of faith. Do you believe in God? His power? His promises? Can God take care of your needs? Expecting Him to do less than what He promised shows a lack of faith.

"But He said to them, 'Why are you fearful, O you of little faith?' Then He arose and rebuked the winds and the sea, and there was a great calm." {Matthew 8:26}

"So He said, 'Come.' And when Peter had come down out of the boat, he walked on the water to go to Jesus. But when he saw that the wind was boisterous, he was afraid; and beginning to sink he cried out, saying, 'Lord, save me!' And immediately Jesus stretched out His hand and caught him, and said to him, 'O you little of faith, why did you doubt?'" {Matthew 14:29-31}

Those who are of "little faith" do not think! This is a faithless fear. Some allow surrounding circumstances to change their course. This is a quality of the unbeliever--not the Christian.

"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." {Matthew 6:31,32}

How can I make sure that I will not worry over the temporal things of this life? Jesus gives the answer in verse 33:

"But seek first the kingdom of God and His righteousness, and all these things shall be added to you." {Matthew 6:33}

By seeking the kingdom and God's righteousness first--I put myself in position for my needs to be met. Notice Jesus said NEEDS, not desires. Please understand there are things we need and should be concerned about: the health and security of our families and planning for the future. Yet, an excessive amount of worry over things we cannot control put stress in our lives. Stress kills more people and leads to many other problems that can affect one's health! Put God first and watch-- He will not let you down! ***