

**THEME: SEVEN DEADLY PASSIONS – WORRY**

**TOPIC: WHAT IS WORRY AND HOW TO HANDLE IT.**

**TEXT: ROMANS 8:5-8, MATTHEW 6:25-34, PHILIPPIANS 4:6-7**

### **Introduction**

As Christians, we know that God made us in His image as tripartite creation - we are spirit beings, we have a soul and we live in a body. The order in which this is listed is important because as new creatures in Christ, our spirit man should lead, not our soul or body (flesh).

### **Romans 8:5-8.**

Yet the power of the flesh is undeniable and many Christians live what I would call sub-optimal lives because they struggle with a number of issues that arise because of occasional or frequent lapses into carnality. As we see from the scripture quoted above, these lapses can be deadly.

In the next few weeks we will be exploring “The Seven Deadly Passions”.

Passions are any strongly felt emotions, something that you have strong enthusiasm or intense desire for. They are powerful emotional forces that impacts your spirit, soul and body. These passions are been described as: Worry; Jealousy; Bitterness; Anger; grief; Envy; Hatred.

Passions can be good if they spur you on to greater things for Christ. But passions can also be bad or harmful as those listed above. What passions are dominating your life?

### **WHAT DID JESUS SAY ABOUT WORRY?**

It was noted during the Lord Jesus Christ earthly ministry, He did not speak words that would extend beyond the pages of a standard newspaper.

However in that time, one of the subjects from which He lifted the lid on so we can have an insight into the disturbing effect it has, is the subject of *worry*. **Matthew 6:25-34**

He was a master of people’s state of mind, behaviour and lifestyle. He knew what has an impact on humanity hence His comment on what worry does and how to handle it.

1. Jesus taught that people’s worry is often centred on the purpose of their life. Yes, that remains a subject people always come up with. “What am I here for?”, “What am I supposed to be doing?”, “How am I sure I am doing what I am made to do?”, “How am I sure I am fulfilling my destiny?” **Matthew 6:25.**
2. He knew people are worried about their public image: how they look, the impressions they give, how tall or short they are, the colour of their hair, the hairstyle. **Matthew 6:27.**
3. The young and old also worry about looking right in the sight of other people. This in itself drives humanity so much to the point that the clothes and beauty industry is probably one of the biggest in the world.
4. Furthermore people express worries about the uncertainties of the future as it relates to the ability to provide for themselves and their family, their well-being, the economy of the world, their ability to keep earning, job situations, and changing times. **Matthew 6:28.**
5. In His dealing with the subject, Jesus presents to us the truth that, yes in our quest about tomorrow and its uncertainties we sometimes lose sight of the fact that only God can guarantee tomorrow. So it makes us understand that we cannot add to our growth. Our toils,

our labour is not what makes life work. The race is not ever to the swift. Battles are not always won by the best army. It is God who is able to give you strength at all times. ***Psalm 127:1-2.***

6. Jesus shows us that every time we order our mind around the things which we have no control of, the end result is worry. Every time we make the things for which we have no solution the burden of our heart, we become saddled with worry. ***Matthew 6:34.***
7. What is His answer to the things you can't handle, resolve or find solution to by yourself? Jesus says, if we can seek the kingdom of God and make it the priority of our life, the things that tend to bother us will fall into their proper places. ***Matthew 6:33.*** In essence, the Master therefore is saying to us that if we keep worrying about the future there will really be no future to worry about anymore.

## CONCLUSION

Worry is a very powerful and negative stream. If you allow it, it can wash away every positive thought that has gone through your mind. It can break your ability to cast your cares upon the Lord as instructed by scriptures. ***Psalm 55:22***

A man under the burden of fear will abandon the muscle of faith he has and begin to walk in doubt because once you begin to worry, your capacity to believe and act on the Word of God becomes weakened.

If you process worry in the dark room of your heart, the pictures you would produce would scare you out of the blessings earmarked for you.

Worry and doubt are two traitors who work hand in hand, sent by the bottomless pit of hell to walk against your faith. So since faith is the method by which we can please God, worry turns you against pleasing God.

Worry is a journey to nowhere. Worry can make a man engage in important acts that will result in self-destruction and the destruction of others. ***Psalm 37:8***

Worry misjudges a situation and causes incredible problems. Worry, in the words of The Swede gives a little problem a big name.

Many believers have substituted the act of prayer with worry while Paul admonishes us to rather focus the need on God and receive the peace of God. Stop worrying because worrying centres on you. ***Philippians 4:5-7.***