

Don't Worry, Trust Jesus  
Matthew 6:25-34  
January 30, 2011

On my MP3 player in my car I have a song that rose to the top of the charts back in the 80's. It's Bobby McFerrin's song, *Don't Worry, Be Happy*. It has a catchy little reggae-esque melody and a great message.

In these present days when folks can't make up their minds whether the economy is rebounding, maybe a remake of that song is in order. The news programs continue to focus mainly on doom around the world. As I wrote this message, the headlines on the WRAL News website included: "Wanted Man Took Probation Officer Hostage Before Shootout," and "Higher Pump Prices Coming Your Way this Spring." Shootouts...higher gas prices...it's enough to create some anxiety in the average person. Worry abounds and grows like Kudzu grows on the sides of the roads – overwhelming all it touches.

But folks, we need to remember that worry isn't just a bad habit...the Bible says it's actually a sin. In the Sermon on the Mount, Jesus tells his followers not to worry. Why would he say that, and why is it a sin?

First, what is it that you are worrying about? Are those things of eternal significance? Jesus wants us to focus on Kingdom affairs. That's our job. Remember, we aren't earthly beings having a spiritual experience, we're spiritual beings having an earthly experience. Heaven is our home. We're just here for a short time (relatively speaking). So you and I need to spend our time engaged in things like being in Christian relationship with young people – children and youth – so that they can learn what it looks like to live as a follower of Christ. We need to spend time working for peace and feeding the hungry. When was the last time you listened to someone who was going through a directionless life and shared what having Jesus in your life has meant for you? These are eternally significant things – I'm sure you can think of more.

God will take care of what you will eat, what you will drink and what you will wear. We have to learn to trust in the Lord for what we need.

Worrying about whether we will have the things we need is futile. Jesus asked the rhetorical question, "Who of you by worrying can add a single hour to his life?" In essence, Jesus challenges us to consider honestly, "Has worry ever actually produced anything of value?"

Now, it's important to note that worry is not to be confused with planning. Planning involves stewardship or management of the resources that God has placed in your life. Planning solves

problems, while worry frets about problems. Planning produces results and makes sure that God's resources aren't wasted; worry just apprehensively waits for the worst to happen.

Worry has been described as sitting in a rocking chair. It requires effort to move back and forth, but at the end of the day you're still in the exact same spot you started in. So, to answer Christ's question...worry produces nothing. Instead of adding anything to our lives, worry actually robs you of life – mostly your spiritual life. Remember the Parable of the Seeds...Jesus described one of the seeds as falling among the weeds where it was choked out. He said, *these are the ones who hear, but then the seed is crowded out and nothing comes of it as they go about their lives worrying about tomorrow.* (Luke 8:14; The Message) So not only will worrying not prolong your life, it can kill you!

In my way of thinking one of the main reasons worrying is a sin is because it is evidence of a lack of faith in the Lord. Jesus even asks the question in verse 30, "*Why do you have so little faith?*" the truth is: lack of faith is the root of worry. When you worry, whether you mean to communicate this or not, you are saying, "I don't believe that God will take care of me. I'm on my own here and I don't know what to do about it." Faith and worry cannot co-exist in a Christian's life because worry cancels our trust in God.

The cure for worry is to look beyond ourselves and what is obvious to us in this physical world. The cure for worry is to see the world and ourselves through God's eyes. God is sovereign and views the world from the perspective of His grace and His abundance.

The apostle Paul gives us a good final word on this subject:

*I know how to live on almost nothing or with everything. I have learned the secret of living in every situation, whether it is with a full stomach or empty, with plenty or little. For I can do everything through Christ, who gives me strength.* (Philippians 4:12-14)

To rephrase Bobby McFerrin's song...Don't Worry, Just Trust Jesus!