



Should A Christian Worry?

DISCOVERING GOD'S WORD BIBLE STUDY SERIES

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Christians live in the world; but, Christians are not *of* the world (John 15:19; Rom. 12:2). If we were *of* the world, we would be concerned about worldly things. However, since we are not *of* the world, we seek heavenly things (Col. 3:1-2).

The world is consumed with worry – worry about jobs, health, possessions, the afterlife, etc. The world *should* be worried about such things! However, the Christian should not be worried about such things. Please consider why a Christian should **not** be worried.

1) Worry violates Christ's command. “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?” (Matt. 6:25 NKJV). The word that is translated “worry” in the NKJV means, “to be anxious...to be troubled with cares” (*Thayer's Greek Definitions*). Christ, in this passage, forbids anxiety about the things of this life.

2) Worry steals your focus. Why did Christ forbid worry? In the context of Matthew 6:25, Jesus discusses the focus of a man. His focus is not to be on the things of the earth, rather, it is to be on heavenly things (6:19-21). 6:22-24 discusses the need to have a single focus. 6:25-34 further discusses the idea of having a single focus, specifically in connection with worry – seeking first the kingdom of God and His righteousness (6:33). The Christian should have this single focus in his life.

In 6:25-34, Christ teaches that one should not even be anxious about having food or clothing or about the things of tomorrow! Why? Christ knew that if one of his disciples worried about *anything*, his focus would not be set entirely upon Christ.

If you are worried about the things of this life, you cannot focus entirely on Christ! You are preoccupied with the things of this life. You have put your hand to the plow and looked back (Luke 9:62)! Worry steals the focus that you need in order to follow Jesus Christ.

3) Worry demonstrates a lack of faith in God. Christians are children of God (Rom. 8:16). As such, we have a loving, caring Father. Peter wrote, “casting all your care upon Him, for He cares for you” (1 Pet. 5:7 NKJV). But, whenever we decide to hold to worry, we demonstrate a lack of faith in our Father.

In physical things. God has *not* promised that His children will have an abundance of worldly goods and never experience trouble! However, God has promised that, if we seek Him first, we will have what we need (Matt. 6:33). In addition, He has also promised that this world will hate us and we will be persecuted (Matt. 5:11; John 15:18-19; 2 Tim. 3:12) – yet, He has promised that all of these things will be worth it.

Thus, whenever you worry about things of this physical life either: (1) you demonstrate that you do not have faith that God will provide you with all that you need; or, (2) you demonstrate that you have placed your treasure on this earth and are concerned that it will be taken away.

In spiritual things. Perhaps you become anxious about your soul. Once again, the **Christian** has no need to worry about such. The Christian can rest assured in the promises of God (Titus 1:2). The Christian can be confident that his salvation rests upon the grace and promises of God! The Christian can also be assured that his sins have been forgiven (Heb. 8:12; Acts 3:19).

If you are worried about the things of this life or your soul’s salvation (if you are living in accordance with God’s word), you are demonstrating a lack of faith in God. Remember that faith is “the substance of things hoped for, the evidence of things not seen” (Heb. 11:1 NKJV).

4) Worry hinders your effectiveness for the Lord. If you are allowing worry to enter into your life, you are stealing from God! You have allowed yourself to lose focus. Therefore, you will not be as effective in the work of the Lord as you should be. Worry is paralyzing. Worry can hold you back from accomplishing *anything*!

If you are worried, you will not be as effective in spreading the Gospel, in dedicating your life to God, in serving/helping others, in Bible study, in prayer, etc. Worry will prevent you from being a faithful steward.

5) Worry destroys your influence. The world sees worry every day. Those of the world see worry in their own lives and in the lives of others – constantly! The world is so consumed with worry that it offers worldly ways (sinful ways) to deal with that worry. The world should not see worry in the life of a Christian.

The Christian, in all areas, shows a different way of living to the world (Matt. 5:13-16). The Christian is separate from the world (2 Cor. 6:17). The Christian life is a life of joy and hope (see Rom. 8:31-39).

When you worry, you destroy your influence. Rather than being an example of faith in God, you are just another who has become overwhelmed with concern.

6) Worry harms your body. The stress that is caused by worry can harm your body, in some cases, even taking years off your life. The Christian should recognize the value of his physical body and determine to take care of it.

Paul wrote, “Or do you not know that your body is the temple of the Holy Spirit who is in you, whom you have from God, and you are not your own? For you were bought at a price; therefore glorify God in your body and in your spirit, which are God's” (1 Cor. 6:19-20 NKJV). Your body is to be used in service to God, dedicated to Him. If, therefore, you are causing harm to come upon your body, you are harming the good that could otherwise have been accomplished.

7) Worry does no good. On top of all the other reasons a Christian should not worry is the simple fact that worry does no good. All that worry does in a Christian’s life is negative. Jesus said, “Which of you by worrying can add one cubit to his stature?” (Matt. 6:27 NKJV). Worry cannot add one centimeter to your height nor can it add one second your life (as some translations render this passage, i.e. ESV)!

Conclusion. The Christian lives in the world and deals with the things of the world, but, his focus is different from the focus of the world. The Christian must properly deal with his worries – casting them upon the Lord (1 Pet. 5:7). Having cast his cares upon the Lord, knowing that God cares for him, the Christian will be able to entirely focus on accomplishing the work of the Lord!

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