

How To Overcome Worry

By Lee Delbridge

Introduction

The Bible commands Christians not to worry (Matthew 6:25; Philippians 4:6). Most of us have a hard time obeying that command. This lesson contains some Biblical principles that will help us overcome the sin of worry.

Definition: The English word worry comes from a word meaning “to strangle”. It means to feel troubled or uneasy; to be anxious or upset. It is a strong feeling of anxiety. The Greek word worry (merimna, Strong’s #3309) comes from a word (merizo, Strong’s # 3307) that means to divide, to draw in different directions, to distract. Worry is “caring” gone to extreme. To worry is to be distracted from what you should be doing by thinking about something else. To worry is to have a divided mind.

Sometimes we worry about things we can “fix” ourselves. In those cases, if it is not sinful, just do what you know you must do. For instance: If I’m not working and I’m worried about not having food to eat –just get a job. Don’t worry about things you can “fix” –just fix it! Most of the things we worry about, we have no control over and cannot “fix.” This lesson is about how to deal with those things Biblically.

Realize That God Knows Your Needs

Matthew 6:24-32

²⁴No one can serve two masters; for either he will hate the one and love the other, or he will be devoted to one and despise the other. You cannot serve God and wealth. ²⁵For this reason I say to you, do not be worried about your life, as to what you will eat or what you will drink; nor for your body, as to what you will put on. Is not life more than food, and the body more than clothing? ²⁶Look at the birds of the air, that they do not sow, nor reap nor gather into barns, and yet your heavenly Father feeds them. Are you not worth much more than they? ²⁷And who of you by being worried can add a single hour to his life? ²⁸And why are you worried about clothing? Observe how the lilies of the field grow; they do not toil nor do they spin, ²⁹yet I say to you that not even Solomon in all his glory clothed himself like one of these. ³⁰But if God so clothes the grass of the field, which is alive today and tomorrow is thrown into the furnace, will He not much more clothe you? You of little faith! ³¹Do not worry then, saying, 'What will we eat?' or 'What will we drink?' or 'What will we wear for clothing?' ³²For the Gentiles eagerly seek all these things; for your heavenly Father knows that you need all these things.

Put God First

Matthew 6:33

But seek first His kingdom and His righteousness, and all these things will be added to you.

Live One Day at a Time

Matthew 6:34

So do not worry about tomorrow; for tomorrow will care for itself. Each day has enough trouble of its own.

Stay Focused On God

Isaiah 26:3 (English Standard Version)

You keep him in perfect peace whose mind is stayed on you, because he trusts in you.

Depend On God to Supply All Your Needs

Philippians 4:19

And my God will supply all your needs according to His riches in glory in Christ Jesus.

Give Your Worries to God

I Peter 5:7

Casting all your anxiety on Him, because He cares for you.

Believe In Jesus

John 14:1

Do not let your heart be troubled; believe in God, believe also in Me.

Pray

Philippians 4:6-7

⁶Be anxious for nothing, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. ⁷And the peace of God, which surpasses all comprehension, will guard your hearts and your minds in Christ Jesus.

Receive the Peace Jesus Gives to His Followers

John 14:27

Peace I leave with you; My peace I give to you; not as the world gives do I give to you. Do not let your heart be troubled, nor let it be fearful.

Conclusion

If you are worrying about something you can do something about, stop worrying and just do what needs to be done. If you are worrying about something you cannot do anything about, obey the following Biblical principles.

1. Realize God knows Your Needs
2. Put God First
3. Live One Day at a Time
4. Stay Focused on God (rather than the problem)
5. Depend on God to Supply All Your Needs
6. Give Your Worries To God
7. Believe In Jesus
8. Pray
9. Receive the Peace Jesus Gives to His followers