

Winning Over Worry

“Therefore I say unto you, Take no thought for your life, what ye shall eat, or what ye shall drink; nor yet for your body, what ye shall put on. Is not the life more than meat, and the body than raiment” (Matthew 6:25)?

The phrase in the KJV *“Take no thought for your life”* reads *“be not anxious for your life”* in the ASV and *“do not worry about your life”* in the NKJV. Worrying it seems has become a way of life for so many. Some worry about failure, faithfulness, family, feelings of others, finances, fitness, food, forgetfulness, freedom, friends and even the future.

The word worry in the New Testament comes from a word which means *“to be full of anxiety, which divides up and distracts the mind: to be full of cares; anxious.”* It is not wrong to be concerned about things in life. In fact, one must be in order to live the kind of life that God demands. But, worry can creep into our life and paralyze us.

Worrying can cause emotions to run wild; choke one physically and spiritually; confound one’s judgment; corrupt our convictions; *“cripple”* a person from living the kind of life that one should live and cut up our emotions to where there is no stability in life.

Our Lord reminds us in Matthew 6:25-34 what He thinks about worry. To Him it is

- C Forbidden — Matthew 6:25, 31, 34
- C Foolish — Matthew 6:26
- C Futile — Matthew 6:27
- C Faithlessness — Matthew 6:30
- C Frivolous — Matthew 6:32

Is it possible to win over worry? Of course, since the Lord is so displeased with it knowing that (1) It will deprive one spiritually and destroy (Phil. 4:4-6); (2) It is disobedience (Phil. 4:6); (3) It distracts one from what is truly important (Luke 8:14) and (4) It demonstrates distrust in the Lord (James 1:5-8).

So what can be done to help overcome worry in our life? Here are some Biblical keys to overcoming:

- C Renew your mind — Romans 12:2
- C Realize you only can do what you can — Philippians 4:13
- C Redeem the time by living one day at a time — 1 Peter 3:10
- C Remember to pray — 1 Peter 5:7; Psalm 55:22
- C Revive your faith — Psalm 46:1-2; 2 Peter 1:4
- C Retain the right relationship — (Romans 6:16-18
- C Repent when you have sinned — Luke 13:3 Psalm 51
- C Rejoice — Philippians 4:4

God desires that our minds and lives be focused on Him and His will (Phil. 1:21; Col. 3:1-3). Only then can we be preparing our lives to live in that beautiful

place called Heaven.

Don't let worry be your way of life but walk in the Lord's Way, so that *"...the peace of God, which passeth all understanding, shall keep your hearts and minds through Christ Jesus"* (Philippians 4:7).

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