



# gracefellowship

Blind Spots  
August 4, 2019  
Worry

**:: Luke 12:22-34**

**22 Then Jesus said to his disciples: “Therefore I tell you, do not worry about your life, what you will eat; or about your body, what you will wear.**

**23 For life is more than food, and the body more than clothes.**

**24 Consider the ravens: They do not sow or reap, they have no storeroom or barn; yet God feeds them. And how much more valuable you are than birds!**

**25 Who of you by worrying can add a single hour to your life?**

**26 Since you cannot do this very little thing, why do you worry about the rest?**

**27 “Consider how the wild flowers grow. They do not labor or spin. Yet I tell you, not even Solomon in all his splendor was dressed like one of these.**

**28 If that is how God clothes the grass of the field, which is here today, and tomorrow is thrown into the fire, how much more will he clothe you—you of little faith!**

**29 And do not set your heart on what you will eat or drink; do not worry about it.**

**30 For the pagan world runs after all such things, and your Father knows that you need them.**

**31 But seek his kingdom, and these things will be given to you as well.**

**32 “Do not be afraid, little flock, for your Father has been pleased to give you the kingdom.**

**33 Sell your possessions and give to the poor. Provide purses for yourselves that will not wear out, a treasure in heaven that will never fail, where no thief comes near and no moth destroys.**

**34 For where your treasure is, there your heart will be also.**

- Pray

Ask: Do we have any worriers in the room? I’m a worrier. I hate to admit that, but it’s true. God has been working for years in my life on the issue of worry. I have the propensity to be a high anxiety kind of person.

- I worry about what people may think about me and some things I say- or even when I write on FB or Twitter. You have no idea how many times I’ve

written posts and then deleted them because I was worried about negative responses.

- When my boys were babies I worried they were going to go to sleep and never wake up. Listen, I understand that actually happens, I'm not trying to make light of that reality. But as a young Dad, I lived in the fear of that possibility. Josiah scared me one time when he took a longer than normal nap. I went to check on him and when I walked in, I swear it didn't look like he was breathing! I put my hand on his chest and said, "Josiah!" And he flinched and I jumped and hit the ceiling fan! So, I either performed a miracle and brought him back to life, or he was fine all along and I just managed to scare us both half to death because of my state of worry.
- Is anyone worried about the start of the new school year?
- Do you know what I've been worried about the past 4 weeks as we've been talking about blind spots? I've been worried I was going to become a sermon illustration! I've been driving around going, "Don't hit anyone! Look multiple times before you change lanes!" I've been the safest driver in Kingsport the past month!

In Luke 12 we've been watching Jesus interact with His disciples and the crowd around him as He's been giving warnings about things I call "blind spots."

**Blind spots are those things just outside our awareness that can be very dangerous to us!**

Physically we have blind spots, but Jesus is talking about spiritual places in our lives that become dangerous because we don't pay close attention to our faith and don't see the danger of letting these things enter our daily lives.

- Hypocrisy: saying you believe one way but living another
- Greed: having a dangerous focus on temporary things that cause God and people to become afterthoughts.

Today: **Jesus warns us about the blind spot of worry.**

We have to remember this series, although broken up into four weeks, is one long conversation and is connected to the warning about greed. Jesus told a story about a man who received an abundant blessing of crops and decided to tear down his barns, build bigger ones and keep everything to himself. In his greed he thought he was taken care of for years to come. But God told him his life would be taken that very night.

So Jesus tells His disciples what was behind the man's greed: worry! He was so worried that he wouldn't be secure that he became greedy to keep everything. Jesus then offers another warning about this blind spot.

## **Luke 12:22-28**

**22 Then Jesus said to his disciples: “Therefore I tell you, do not worry about your life, what you will eat; or about your body, what you will wear.**

**23 For life is more than food, and the body more than clothes.**

**24 Consider the ravens: They do not sow or reap, they have no storeroom or barn; yet God feeds them. And how much more valuable you are than birds!**

**25 Who of you by worrying can add a single hour to your life?**

**26 Since you cannot do this very little thing, why do you worry about the rest?**

**27 “Consider how the wild flowers grow. They do not labor or spin. Yet I tell you, not even Solomon in all his splendor was dressed like one of these.**

**28 If that is how God clothes the grass of the field, which is here today, and tomorrow is thrown into the fire, how much more will he clothe you—you of little faith!**

Worry is a dangerous blind spot to have in our faith journey because it becomes so normal to us that we just accept worrying as part of life. We worry about everything under the sun! And worry communicates that we don't trust God to take care of us. When Jesus addresses this blind spot, He calls our attention to the ravens and to the wild flowers. Jesus points out that if the birds of the air, who can't store up possessions for themselves, are fed, and the flowers of the field are dressed with royal splendor, don't we think God will feed and clothe us?

Jesus is really addressing our basic needs. We need to learn to trust God to meet our basic needs and care for us out of the abundance of His love. When we worry we essentially tell God, “I don't trust you to take care of what I'm worried about.”

Jesus wants to expose the blind spot or worry in our lives for a couple reasons:

1. **Worry has physical consequences.**

Insomnia, Digestive Issues, Memory Problems, Skin and Hair Damage, Fertility Issues, Heart and Cholesterol Problems, Migraine Head Aches, Neck and Shoulder stress

2. **Worry has spiritual consequences.**

Two weeks ago I was talking with our sermon prep team about this topic and we were talking about what worry steals from us. We started listing things and someone said, all these things we are saying worry steals from us are the fruits of the Spirit. Worry steals our love, joy, peace, patience, kindness, goodness, gentleness and self-control! All the things the Holy Spirit wants to produce in your life come under attack when you worry!

**Worry is the enemy of spiritual growth.**

Look at the question Jesus asks in verse 25:

## **25 Who of you by worrying can add a single hour to your life?**

When is the last time you said, “You know, I’m really glad I worried about that!”? I’m guessing never!

Matt Chandler once said, “Worrying is like trying to travel in a rocking chair!” That’s true isn’t it? There is a lot of activity, but very little accomplished! When you’re done you find yourself in the same place you started.

I read a great quote on Twitter recently that was attributed to Joyce Meyer, I have no idea if she said it first or not, but the line goes like this: “Worry is a down payment on a problem you may never have.”

Do you know what the word “worry” means in the Greek?  
**Worry means “To be divided” in the Greek language.**

When we worry we get pulled in all kinds of different directions. Instead of being focused on finding solutions we worry about all the possible negative outcomes to our problems.

Question: What are you worrying about right now? What has gripped your life in such a way that it has divided your allegiance to God and caused you to believe you have to make a way for yourself out of the trouble, hardship and situations you find yourself in?

Physically, worry causes all the problems I listed earlier, but spiritually the biggest thing worry does is pull our focus off the power and goodness of God. When we worry we convince ourselves we have to solve our problems.

Look at verses 29-31

**:: Luke 12:29-31**

**29 And do not set your heart on what you will eat or drink; do not worry about it.**

**30 For the pagan world runs after all such things, and your Father knows that you need them.**

**31 But seek his kingdom, and these things will be given to you as well.**

Jesus is pretty blunt with us and isn’t afraid to step on our toes when he talks about these things. He tells us not to worry about the basic needs of life- the pagan world is concerned about those things and runs in pursuit of them. But our Father knows what we need.

Can you just breathe that in for a moment? Your Father, the Creator of the heavens and the earth, the God of the universe, knows what you need. And your Father is willing and able to take care of you as you learn to trust Him.

Now, it would be unthinkable for me to stand up here and tell you not to worry without acknowledging the truth of our humanity: it's difficult not to worry and have anxiety. We have to really fight against the pull toward worrying. Worry is a common emotion of our souls, but we don't have to surrender to it! Faith in Jesus allows us to be overcomers. Faith lets us walk through every worrisome path in life and know God uses it for our good and for His glory. The next time something comes up that causes you to worry, don't beat yourself up because you felt that emotion- but fight not to give in to it.

How do we overcome worry?

**We expose the blind spot of worry by having an eternal perspective and by striving for eternal things.**

Matthew 6:25-33 deals with this same teaching of Jesus from Matthew's perspective. Matthew records Jesus saying, "But seek first His kingdom and His righteousness, and all these things will be added to you as well."

We will worry less about the things of this world when our focus and attention is fixed more fully on the Kingdom of God. In fact, Jesus gives us a remedy to dealing with worry when it comes to our possessions. Remembering that Jesus is continuing a conversation where the earlier topic was a man building bigger barns for his stuff, Jesus tells the disciples this in verse 32-34:

**:: Luke 12:32-34**

**32 "Do not be afraid, little flock, for your Father has been pleased to give you the kingdom.**

**33 Sell your possessions and give to the poor. Provide purses for yourselves that will not wear out, a treasure in heaven that will never fail, where no thief comes near and no moth destroys.**

**34 For where your treasure is, there your heart will be also.**

When you have been given the kingdom of God, the value and importance of the things we worry about in this life start to fade away! Jesus goes so far as to say we should sell our possessions and give to the poor. It's hard to worry over things we don't have! That goes back to what Jesus said last week: "Life doesn't consist in an abundance of possessions."

Some of us can't imagine what life without worry would look like. Let's close this morning by looking at something God told Jeremiah to get a visual of life tied into God resulting in peace rather than worry.

**:: Jeremiah 17:7-8**

**7 "But blessed is the one who trusts in the LORD, whose confidence is in him.**

**8 They will be like a tree planted by the water that sends out its roots by the stream. It does not fear when heat comes; its leaves are always green. It has no worries in a year of drought and never fails to bear fruit."**

When we identify the blind spot of worry in our lives we need to ask God to help us detach from the things causing us to worry and to put our roots down more deeply into His love and grace.

As we close this morning I want to offer an opportunity for you to put those roots down even before you leave this room. Many of us are carrying concerns and fears and troubles that have led us to worry. God – your Father – wants to take that worry from you and exchange it for His perfect peace. Martin Luther once said, “You pray and let God worry.” So that’s what we are going to do this morning. The front of this stage is going to be an alter for you to come and lay your worries at the feet of Jesus. Will you lay your worries down today and then commit not to pick them up again?

- Pray