

Why Do You Worry?
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Luke 12:22–34 *“Then He said to His disciples, “Therefore I say to you, do not worry about your life, what you will eat; nor about the body, what you will put on. Life is more than food, and the body is more than clothing. Consider the ravens, for they neither sow nor reap, which have neither storehouse nor barn; and God feeds them. Of how much more value are you than the birds?”*

And which of you by worrying can add one cubit to his stature? If you then are not able to do the least, why are you anxious for the rest?”

Consider the lilies, how they grow: they neither toil nor spin; and yet I say to you, even Solomon in all his glory was not arrayed like one of these. If then God so clothes the grass, which today is in the field and tomorrow is thrown into the oven, how much more will He clothe you, O you of little faith?”

“And do not seek what you should eat or what you should drink, nor have an anxious mind. For all these things the nations of the world seek after, and your Father knows that you need these things. But seek the kingdom of God, and all these things shall be added to you.

“Do not fear, little flock, for it is your Father’s good pleasure to give you the kingdom. Sell what you have and give alms; provide yourselves money bags which do not grow old, a treasure in the heavens that does not fail, where no thief approaches nor moth destroys. For where your treasure is, there your heart will be also.”

A. Here are three observations about that list:

1. These mostly fall into two categories: health and finances.
2. These are Universal human concerns.
3. These are Issues that will be with us as long as we live.

Definition: Worry is excessive concern over the affairs of life.

I. Worry is a SIN for Two reasons:

- First, It DISPLACES God in your life.
- Second, It DISTRACTS you from the things that really matter in life.

II. Two Kinds of Anxiety

- A. SPECIFIC Anxiety
- B. NON-SPECIFIC Anxiety

III. How can we tell when the legitimate concerns of life have become sinful worries?

1. When the thing you are concerned about is the first thing you think about in the morning and the last thing you think about at night.
2. When you find yourself thinking about it during every spare moment.
3. When you find yourself bringing it up in every conversation.

“Casting all your cares on him, because he cares for you” (1 Peter 5:7).

“Casting all your cares upon him, for he careth for you” (KJV).

“Throw all your anxieties upon him, because he cares about you” (CJB).

“You can throw the whole weight of your anxieties upon him, for you are his personal concern” (Phillips).

“Live carefree before God; he is most careful with you” (MSG).

“Since God cares for you, let him carry all your burdens and worries” (Voice).

IV. A DEFINITE Action: “CAST all your cares on him.”

“Do not be anxious 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?” (Matthew 6:25)

V. DELIBERATE Release: “Cast all your cares on him.”

VI. A DIVINE Destination: “Cast all your cares on him.”