



What Are You Worried About?

Matthew 6:27: (NASB) *And who of you by being worried can add a single hour to his life?*



We all worry and we all get anxious at times. Well, if we are *really* people of faith, then shouldn't that faith override our worry? The answer is that in an ideal situation, yes, faith always wins. Unfortunately, the vast majority of us have not developed our faith that fully...yet! (Sigh!) The good news is Jesus knew this ahead of time and taught us how to cope with worry and anxiety. Stay with us - the "Worry Doctor" is in and his name is Jesus!

Where is worry focused?

There are different sources of worry and anxiety:

1. "Need" Oriented: We worry over things that are legitimately vital to human life and well-being.
2. "Want" Oriented: We worry over things that may be more frivolous.
3. Out of Our Control: Then of course there is the worry about those things that are absolutely out of our control!

Fortunately for us, Jesus teaches us how to handle all three!

 **Not a fight or flight, *Is My Anxiety Making Me Anxious*, Dr. Bill Crawford**

- *The problem is when we get anxious when the situation is not a "flight or fight" situation. See, if we are in fight or flight situation, we get anxious and that helps us either fight it or run away from it. But in life when we are dealing with traffic and deadlines, difficult people or a thought about ourselves that maybe we are not enough, or some fear of being rejected or abandoned or failing in some way - that often triggers the exact same chemical. But because we are not in a fight or flight situation the chemical itself starts to become the problem. We become more anxious based on the chemicals of anxiety. That then starts to trigger a new reaction. Uh oh...now I'm getting anxious about my anxiety!*

So many of us worry about so many things. It can be both a distraction and a self-fulfilling prophecy.

This text identifies three areas of our life which cause us to be anxious:

1 John 2:15-17: (NASB) ¹⁵*Do not love the world nor the things in the world. If anyone loves the world, the love of the Father is not in him. ¹⁶For all that is in the world, the lust of the flesh and the lust of the eyes and the boastful pride of life, is not from the Father, but is from the world. ¹⁷The world is passing away, and also its lusts; but the one who does the will of God lives forever.*

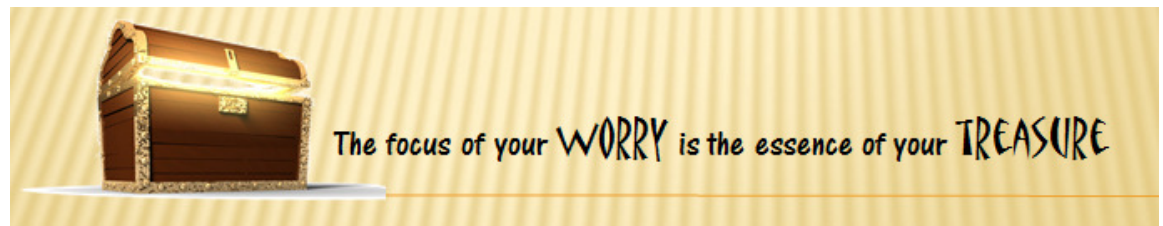
These three areas of challenge can be both need and want-based. For example, a desire of the flesh can be food when hungry or wanting to take a six-week cruise.



This is our worry test relating to the lust (desire) of the flesh.

Is our worry/anxiety focused on money? Family? The present? The future or our health? All of these?


Matthew 6:19-21: (NASB) ¹⁹Do not store up for yourselves treasures on earth, where moth and rust destroy, and where thieves break in and steal. ²⁰But store up for yourselves treasures in heaven, where neither moth nor rust destroys, and where thieves do not break in or steal; ²¹for where your treasure is, there your heart will be also.



One principle to consider:

Romans 13:8: (NIV) Let no debt remain outstanding, except the continuing debt to love one another, for whoever loves others has fulfilled the law.

If we have major debt, usually major anxiety follows.

 **What worries you, www.nature.com**

- (Scientist) I'm worried about synthetic biology getting out of control. That is someone creating a novel organism they don't fully understand and then it does something disastrous to the environment.

Colossians 3:1-3: (NASB) ¹Therefore if you have been raised up with Christ, keep seeking the things above, where Christ is, seated at the right hand of God. ²Set your mind on the things above, not on the things that are on earth. ³For you have died and your life is hidden with Christ in God.



So, if you really believe you are a true Christian, *(if you have been raised up with Christ)* then you should *set your mind on the things above, not on the things that are on earth.* The Apostle is telling us not to worry about things on the earth. If Jesus truly is the treasure of our heart, we have no other option than to focus above!

There are legitimate things in life we are supposed to be concerned about but there is a difference between being concerned and being worried.

Did you know that God has autographed your life?

God's love for us is expressed in many ways and on many levels. When we worry and are anxious, it is wise to feel God's expressions of His love towards us, which is His collective signature upon the human race. What is the signature of God on us as human beings?

God's signature relating to our desires of our flesh:

Isaiah 1:18: (NASB) *Come now, and let us reason together, says the LORD, Though your sins are as scarlet, they will be as white as snow; Though they are red like crimson, they will be like wool.*

One of the chief desires of the flesh is to be acknowledged. Because we are created in His image, we can understand the depth of His love through reason and not only be acknowledged, but *forgiven* by our Creator!

What other creation on this earth has the ability to reason, and then to reason with God, and to be forgiven from God through Jesus? It makes us special in the site of God. So, why worry?

To fight any battle in our life, the state of our mind is of critical importance. Personally, one of the tools I continually use in fighting worry, anxiety and other things is laughter. I find that if I can smile and laugh a bit, I can be more mentally tuned in for the challenge.





This is our worry test relating to the lust (desire) of the eyes!



Why worry, *Andy Stanley, northpointministries.com*

- *Jesus says that the things that you are most devoted to fuel the things and parallel the thing that you worry about the most. In other words, the thing you worry about the most is the thing you are most devoted to. The thing you are most devoted to will determine what you will worry about the most. Now we don't think that way because worry is so emotional. We try to deal with worry in the realm of just pure emotion. Jesus says I would like to take away the mystery of worry. Let me explain it to you.*

If you are obsessed with how you look, that is where your greatest treasure is. Often our deepest worries are around how we are perceived to those around us. We need to be able to put those things in their right perspective.

Matthew 6:22-24: (NASB) ²²The eye is the lamp of the body; so then if your eye is clear, your whole body will be full of light. ²³But if your eye is bad, your whole body will be full of darkness. If then the light that is in you is darkness, how great is the darkness! 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.



We are not to ignore our responsibilities. People of faith take care of what they are responsible for.

If we are attempting to focus on *two contrary objectives* (even if they are not evil objectives) we are not only set up to fail, we are a prime target for worry and anxiety to take a permanent residence in our heads.

What does it mean to have your eye *clear*? That word means "to be judged by sunlight, i.e. (figuratively) tested as genuine." We are to be genuinely focusing on the right things.

Another use of *clear*:

2 Peter 3:1: (ASV) *This is now, beloved, the second epistle that I write unto you; and in both of them I stir up your sincere <1506> mind by putting you in remembrance;*

Here is an example of incorrect focus:

Genesis 3:6-7: (ASV) ⁶And when the woman saw that the tree was good for food, and that it was a delight to the eyes, and that the tree was to be desired to make one wise, she took of the fruit thereof, and did eat; and she gave also unto her husband with her, and he did eat. ⁷And the eyes of them both were opened, and they knew that they were naked...

Eve's focus on the tree superseded the command of God.

Jesus focused on the goal with joy and was rewarded:

Hebrews 12:2-3: (ASV) ²looking unto Jesus the author and perfecter of our faith, who for the joy that was set before him endured the cross, despising shame, and hath sat down at the right hand of the throne of God. ³For consider him that hath endured such gainsaying of sinners against himself, that ye wax not weary, fainting in your souls.

Our eyes are to focus on Jesus.

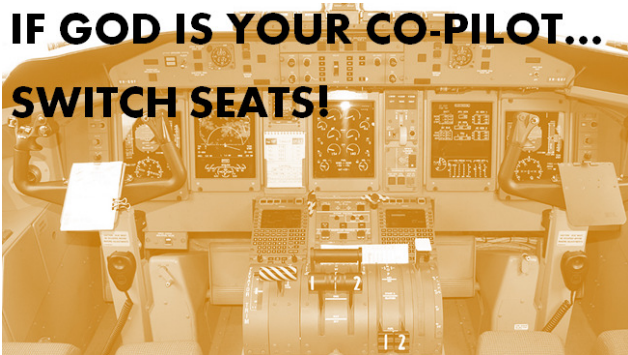
If your eye is *bad*: Meaning hurtful, evil in effect or influence, (figuratively) calamitous; also (passively) ill, that is, diseased; but especially (morally) culpable.



Do you know someone who always sees only the bad stuff in a situation? What are we really looking for? We have to be realistic with hope and not negativity. Worry strangles hope.

Without a choice of direction, we will wallow in the whirlwind of worry!

IF GOD IS YOUR CO-PILOT... SWITCH SEATS!



Joshua 24:15: *And if it seem evil unto you to serve the LORD, choose you this day whom ye will serve; whether the gods which your fathers served that were on the other side of the flood, or the gods of the Amorites, in whose land ye dwell: but as for me and my house, we will serve the LORD.*

We have to make a choice. There is an old saying: "He who chases two rabbits, catches none."

How do we "just serve God" and still do all the other things that require our firm attention?

Here is the answer!

Colossians 3:22: (KJV) *Servants, obey in all things your masters according to the flesh; not with eyeservice, as menpleasers; but in singleness of heart, fearing (reverencing) God:*

Do the work for your master but reverence God. Then you can do all the activities that are not God-related but with a godly attitude.

 **What worries you, www.nature.com (with "Don't Worry" song mix)**

- *(Scientist) What worries me fundamentally is humanity's capacity for evil. It is not unique to any period. We are the kinds of animals that do horrible things to each other. We can't deny that and live happily ever after as some people would like to.*

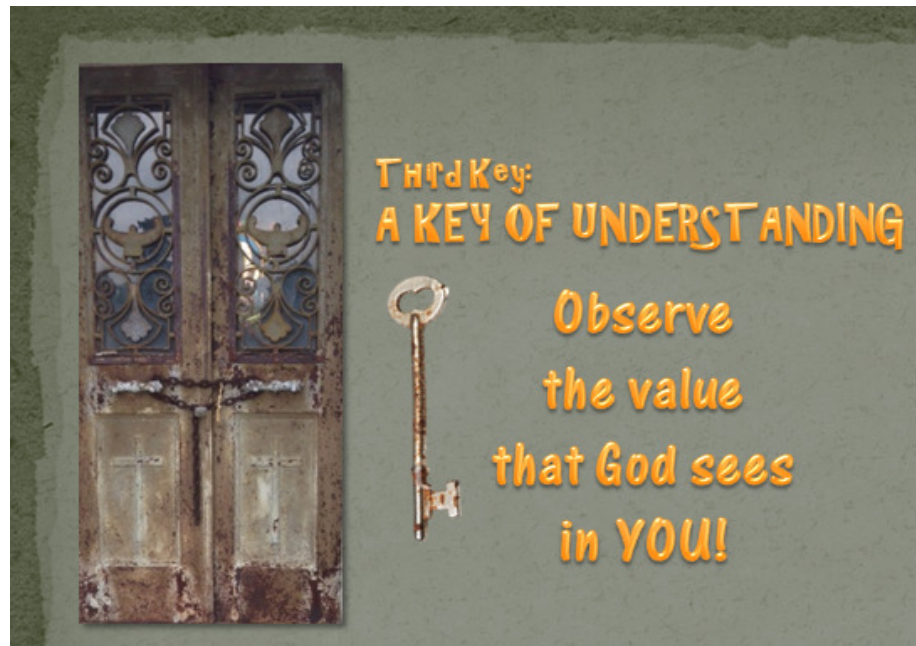
God's love for us is expressed in many ways and on many levels. When we worry and are anxious, it is wise to look at God's expressions of his love towards us, which is His collective signature upon the human race...

God's signature relating to our desires of our eyes:

Psalms 32:8: (NASB) *I will instruct you and teach you in the way which you should go; I will counsel you with My eye upon you.*

God uses the picture of saying He is watching us with His own eye to give us the right direction to go. Did you know that every human eye is different? Just as each human retina is unique, so our Almighty God looks upon us with His eye and counsels us as to our unique direction towards him. Trust in this and watch worry flee away! This can help us cope.





This is our worry test relating to the pride of life!

Matthew 6:25-26: (NASB) 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?



 **Birds - are you kidding me? Andy Stanley, northpointministries.com**

- Jesus is saying, "Just for a moment I am trying to help you with worry. I want to teach you how not to worry. I want you to pull back. Just pull back." Then how insensitive is this...verse 26...ready? Look at the birds in the air.
- What?!? Look at the birds in the air? I DON'T HAVE TIME TO LOOK AT THE BIRDS IN THE AIR!? I need a job! I don't have time to look at the birds in the air, my son is failing the 11th grade! I don't have time to look at the birds in the air! I have no transportation! I don't have time to look at the birds in the air! I don't feel very well! I don't have time to look at the birds in the air - my husband says he's not coming back. No offense, Jesus... "look at the birds in the air," are you KIDDING me?

The point is, do not worry about your life because it is more than food. Your body is more than clothing.

Do what you must to provide for these things:

1 Timothy 5:8: (NASB) But if anyone does not provide for his own, and especially for those of his household, he has denied the faith and is worse than an unbeliever.

We must take care of these things without having our focus choked out by them!



Matthew 13:22: (NASB) *And the one on whom seed was sown among the thorns, this is the man who hears the word, and the worry of the world and the deceitfulness of wealth choke the word, and it becomes unfruitful.*

Sometimes when we worry, we must think of how we might tell our children to stop worrying and then practice what we preach.

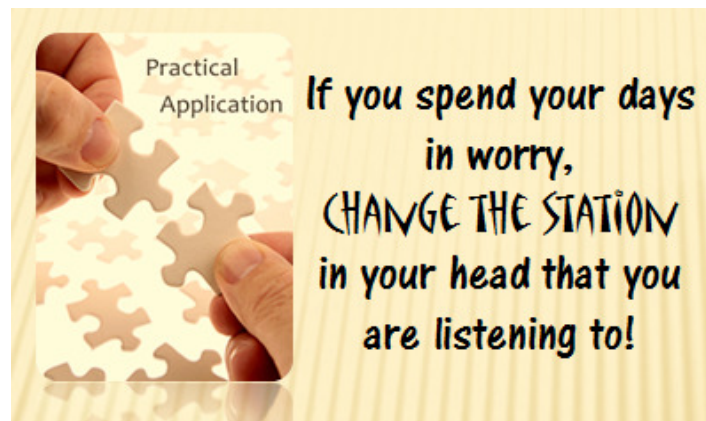
Psalms 55:22: *Cast thy burden upon the LORD, and he shall sustain thee: he shall never suffer the righteous to be moved.*

Worry and anxiety can be about needs or wants and they can also be about things we cannot control.

God's signature relating to our pride of life:

Psalms 8:3-4: (NASB) ³*When I consider Your heavens, the work of Your fingers, the moon and the stars, which You have ordained;* ⁴*What is man that You take thought of him, and the son of man that You care for him?*

Just as each of our fingerprints are unique, so is the hand of God in whose image we are created has, in the midst of His masterful universal creation, taken His time and attention to focus on us for we are precious in His sight. This is a "worry lifter!"



Here is the worry station, call letters WORY:



"Welcome to WORY! Your station where molehills become mountains and daily challenges become problems of monumental proportion! WORY! All worry all the time!!! Now for your listening upset, we will play a fan favorite - "What About, What About, What About!!!"

Worry begets worry and constantly asking "What about?" only begets more worry with no answers.

Could this be a tool of Satan...? We have to learn to turn it off.





This is our worry test relating to replacing worry with faith!

Matthew 6:27-30: (NASB) 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!



Take a look at the Full Edition Bonus Material to read about two individuals who sought glory, fell and had to find God again.

God will provide. It does not mean we don't do our work, but we do it with God in mind and He will take care of the rest. You can't extend your life by worry. You can't clothe yourself with worry and you can't attain any glory with worry. So, the big question is, what do you do?

Philippians 4:6-7: (ASV) ⁶In nothing be anxious; but in everything by prayer and supplication with thanksgiving let your requests be made known unto God. ⁷And the peace of God, which passeth all understanding, shall guard your hearts and your thoughts in Christ Jesus.



← So, how do we evict worry and anxiety?

Sometimes we need to play an association game in our mind to keep our priorities in place.



Mankind bears my thumbprint, [Andy Stanley, northpointministries.com](http://AndyStanley.northpointministries.com)

- Are you not much more valuable to God than a bird? Let me ask it a different way: Do you think God cares more for you than he does the birds? I'll ask it another way: Do you think God is more concerned about you? You were made in His image. Read the story of creation. He made lots of cool stuff, but when He got to mankind He said this is different. I am making man and woman. I am making them in My image. They bear my thumbprint. When I see them, I think about Me.



Instead of asking "what am I worried about?" We should ask "what am I in motion about?" We can redirect our thinking and get a sense of hope.

Jeremiah 17:5-10: (NASB) ⁵Thus says the LORD, Cursed is the man who trusts in mankind and makes flesh his strength, and whose heart turns away from the LORD. ⁶For he will be like a bush in the desert and will not see when prosperity comes, but will live in stony wastes in the wilderness, a land of salt without inhabitant.

So many of us live in that desert. What do we have to do to avoid living all alone like that?

⁷Blessed is the man who trusts in the LORD and whose trust is the LORD. ⁸For he will be like a tree planted by the water, that extends its roots by a stream and will not fear when the heat comes; But its leaves will be green, and it will not be anxious in a year of drought nor cease to yield fruit. ⁹The heart is more deceitful than all else and is desperately sick; Who can understand it? ¹⁰I, the LORD, search the heart, I test the mind, even to give to each man according to his ways, according to the results of his deeds.





Time for a new station between your ears! Let's drop in on the station with the call letters WIM-His. This is the station where worry and anxiety are but distant memories to be learned from and where faith and works live and thrive. Where God's will and way are the only will and way! This is the station where people who are tired of worry and anxiety come to rest and come to live! WIM-His.



Do we want to listen to WORY or WIM-His?

Matthew 11:28-29: (NASB) ²⁸*Come to me, all who are weary and heavy-laden, and I will give you rest. ²⁹Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls.*

Jesus understands you. He understands your emotional trials, he understands your grief, and he understands your deficiencies. Because he understands us, we can be confident that when we come to the throne of grace in his name to the Heavenly Father, we will be heard!



This is our worry test relating to putting our devotion with motion!

Devotion without movement is nothing but a thought.

Matthew 6:31-34: (NASB) ³¹*Do 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. ³³But seek first His kingdom and His righteousness, and all these things will be added to you. ³⁴So do not worry about tomorrow; for tomorrow will care for itself. Each day has enough trouble of its own.*

All of the previous keys will not be lasting without this one key!



Once worry has been replaced, how do we keep it out?



A caller suggested: Psalms 34:4: *I sought the Lord who answered me, delivered me, from all my fears. We need not be worried because Jesus has a vested interest in the Christian. But he expects us to act.*

Acts 12:8: *The angels said to him, put on your belt and your sandals. Then he said to him put on your cloak and follow me.*

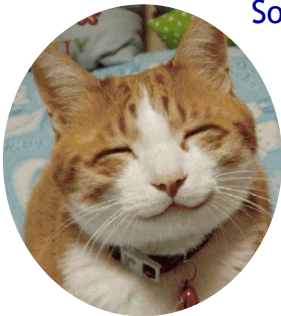
You might remember the old toy commercial where "Weebles wobble but they don't fall down?" Well, worriers wobble and they *do* fall down. Don't be a wobbler!



Make a list of your worries and a list of your actions. Put your worries aside and your actions in your hand.

Don't worry...God is here. 2 Timothy 4:17: *But the Lord stood by me and gave me strength so that through me the proclamation might be completed.*

Smiling helps us to address the topic so much easier. It clears our minds a bit. So let's have a little fun with rhyming:



- Devotion too often follows emotion...
- Emotion brings our progress in Christ down to slow motion...
- When in slow motion our devotion is reduced to a mere notion...
- And when all we have is a notion, we might as well be out on the ocean, tossed about by every wind and wave of doctrine!

There are lots of things to worry about - Just DECIDE to change the station in your mind!

Let us transform the question "What am I worried about?" to "What am I in motion about?"

 Warming and Hominids, www.nature.com

- (Scientist) *I'm worried about synthetic biology getting out of control. That is someone creating a novel organism they don't fully understand and then it does something disastrous to the environment.*



- (CQ added the song "Don't Worry, Be Happy!") (Editor's note: Argh! ☺)

- (Scientist) *Apart from aging and hair loss, I'm worried by global warming, which is the great issue in front of us, and the huge extinction of species going on at the moment, both caused by there being more hominids on the planet than it can easily sustain.*



True devotion puts your life into motion. Here is what the motion of faith looks like:

2 Corinthians 4:6-10: (NASB) *⁶For God, who said, Light shall shine out of darkness, is the One who has shone in our hearts to give the Light of the knowledge of the glory of God in the face of Christ. ⁷But we have this treasure in earthen vessels, so that the surpassing greatness of the power will be of God and not from ourselves; ⁸we are afflicted in every way, but not crushed; perplexed, but not despairing; ⁹persecuted, but not forsaken; struck down, but not destroyed; ¹⁰always carrying about in the body the dying of Jesus, so that the life of Jesus also may be manifested in our body.*

We are to be reflecting true light. Faith replaces that which was previously there. Affliction comes, but it does not crush us. We do not give up in despair. Faith can handle, "I don't understand," but worry brings us to despair.

Matthew 6:33-34: (NASB) *³³But **seek first His kingdom** and His righteousness, and all these things will be added to you. ³⁴So do not worry about tomorrow; for tomorrow will care for itself. Each day has enough trouble of its own.*

Overcoming worry and anxiety requires dedication of our whole being. Fortunately for us, God signed His name to our ability to overcome through Jesus!

- **God's signature relating to the desires of our flesh:**

Isaiah 1:18: (NASB) *Come now, and let us reason together, says the LORD, Though your sins are as scarlet, they will be as white as snow; Though they are red like crimson, they will be like wool.*

One of the chief desires of the flesh is to be acknowledged. We are acknowledged and forgiven by God.

- **God's signature relating to the desires of our eyes:**

Psalms 32:8: (NASB) *I will instruct you and teach you in the way which you should go; I will counsel you with My eye upon you.*

Our God looks upon us with His eye and counsels us as to our unique direction towards Him.

- **God's signature relating to our pride of life:**

Psalms 8:3-4: (NASB) *³When I consider Your heavens, the work of Your fingers, the moon and the stars, which You have ordained; ⁴What is man that You take thought of him, and the son of man that You care for him?*

The same hand of God that created the universe has taken His time and attention to focus on us, for we are precious in His sight. What am I in motion about? Prayer is motion. Move forward in prayer with a positive attitude.

**So, what are you worried about?
For Jonathan and Rick and Christian Questions,
Think about it...!**





***And now even more to think about...
only in the Full Edition of CQ Rewind!***

So often we figure that if we only had riches or glory that our worries would be gone. The fact is that our *present* worries would be gone, but what we fail to think about is the fact that we would now be the proud (and I stress the word *proud* here) owners of a whole new set of worries - bigger, deeper worries, which we would not be cut out to handle! Let's just look at the examples of two in scripture who were lifted up so high...

Two of the men of greatest wealth and stature in antiquity: Solomon and King Nebuchadnezzar. Both came to complete humility.

Solomon:

2 Chronicles 9:3-6: (NRSV) ³When the Queen of Sheba had observed the wisdom of Solomon, the house that he had built, ⁴the food of his table, the seating of his officials, and the attendance of his servants, and their clothing, his valets, and their clothing, and his burnt offerings that he offered at the house of the LORD, there was no more spirit left in her. ⁵So she said to the king, The report was true that I heard in my own land of your accomplishments and of your wisdom, ⁶but I did not believe the reports until I came and my own eyes saw it. Not even half of the greatness of your wisdom had been told to me; you far surpass the report that I had heard.

Solomon's end result was idolatry (how many wives and concubines?!?) which led to his realization that all is vanity.

Daniel gave urgent counsel to King Nebuchadnezzar to humble himself with selfless acts of goodness:

Daniel 4:27: (NRSV) Therefore, O king, may my counsel be acceptable to you: atone for your sins with righteousness, and your iniquities with mercy to the oppressed, so that your prosperity may be prolonged.

The effects of idolatry run deep. When it is combined with the pride of accomplishment, the power of rulership and the presence of wealth, it becomes deadly...

Daniel 4:28-33: (NRSV) ²⁸All this came upon King Nebuchadnezzar ²⁹At the end of twelve months he was walking on the roof of the royal palace of Babylon, ³⁰and the king said, "Is this not magnificent Babylon, which I have built as a royal capital by my mighty power and for my glorious majesty?" ³¹While the words were still in the king's mouth, a voice came from heaven: O King Nebuchadnezzar, to you it is declared: The kingdom has departed from you! ³²You shall be driven away from human society, and your dwelling shall be with the animals of the field. You shall be made to eat grass like oxen, and seven times shall pass over you, until you have learned that the Most High has sovereignty over the kingdom of mortals and gives it to whom he will. ³³Immediately the sentence was fulfilled against Nebuchadnezzar. He was driven away from human society, ate grass like oxen, and his body was bathed with the dew of heaven, until his hair grew as long as eagles' feathers and his nails became like birds' claws.

Now for the next seven years Babylon was without a king. Daniel most likely served mightily in his stead as the king roamed about as a beast, now completely irrelevant to the great kingdom he had built. Seven years, seven years...



The results of a truly humbled heart:

Daniel 4:34-37: (NRSV) ³⁴When that period was over, I, Nebuchadnezzar, lifted my eyes to heaven, and my reason returned to me. I blessed the Most High, and praised and honored the one who lives forever. For his sovereignty is an everlasting sovereignty, and his kingdom endures from generation to generation. ³⁵All the inhabitants of the earth are accounted as nothing, and he does what he wills with the host of heaven and the inhabitants of the earth. There is no one who can stay his hand or say to him, What are you doing? ³⁶At that time my reason returned to me; and my majesty and splendor were restored to me for the glory of my kingdom. My counselors and my lords sought me out, I was re-established over my kingdom, and still more greatness was added to me. ³⁷Now I, Nebuchadnezzar, praise and extol and honor the King of heaven, for all his works are truth, and his ways are justice; and he is able to bring low those who walk in pride.

Here we have much more than an appreciation for the Almighty as in previous experiences. These are the last recorded words of the mighty King Nebuchadnezzar. They were heartfelt words of praise and honor to the God of Daniel. He lived only two or three more years...

The moral of these stories? Don't worry - be happy!

Philippians 4:11: *Not that I speak in respect of want: for I have learned, in whatsoever state I am, therewith to **be content**.*

1 Timothy 6:8: *And having food and raiment let us **be therewith content**.*

Hebrews 13:5: *Let your conversation be without covetousness; and **be content** with such things as ye have: for he hath said, I will never leave thee, nor forsake thee.*

Rather than worrying about what we don't have or what we are not, let's focus on what we can give!

1 Peter 5:5-10: (ASV) ⁵Likewise, ye younger, be subject unto the elder. Yea, all of you gird yourselves with humility, to serve one another: for God resisteth the proud, but giveth grace to the humble. ⁶Humble yourselves therefore under the mighty hand of God, that he may exalt you in due time; ⁷casting all your anxiety upon him, because he careth for you. ⁸Be sober, be watchful: your adversary the devil, as a roaring lion, walketh about, seeking whom he may devour, ⁹whom withstand stedfast in your faith, knowing that the same sufferings are accomplished in your brethren who are in the world. ¹⁰And the God of all grace, who called you unto his eternal glory in Christ, after that ye have suffered a little while, shall himself perfect, establish, strengthen you.