#### THE DESTRUCTIVENESS OF WORRY

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#### Introduction

Matt 13: Parable of the Sower

3rd type of soil (vv 7,22) plant choked by thorns, never bears fruit

Jesus tells us that this represents person in whom God's Word never bears fruit (like 1st and 2nd soil), but the reason here is competition from two things:

worries of this life

deceitfulness of wealth

Want to look at the first of these two today

#### Worry as a Destructive Temptation

Not here concerned with whether 3rd person really saved or not (Arminians might say once saved, later lost; Calvinists of various sorts: saved but carnal, or never really saved); I suspect not really saved.

Rather this is a problem that can affect us as Xns if we are not careful; though it might not destroy us, since we are kept by God, it is a constant danger that can rob us of our effectiveness.

Worries of this life are such that they can consume so much of our time and energy that if we succumb to them we will accomplish far less than would otherwise be the case.

**Dealing with Worry**: Matt 6:25-34

Opening Summary (25): Don't worry

About life which depends on food & drink
About body which depends on clothing
Life & body more important than food & clothing
recalls Jesus' answer to Satan at temptation

Example re/ Food (26): Birds

They don't raise own food, but are fed by God

Not encouraging laziness or improvidence

But showing that success ultimately depends on God

Don't birds sometimes starve?

Yes, don't humans in spite of all their concern for security?

Aren't you more important than birds are?

Argument from lesser to greater

Worry: Matt 13 and 6, page 2

# Refrain (27): Worry is useless

Worry can't even add second to your lifespan

(helikia - stature or lifespan)

Probably the figure here is that of life as a journey, and a cubit is one step on that journey, so about one second.

# Example re/ Clothes (28-30): Lilies

They don't buy or make own clothes, but are clothed by God Aren't you more important than flowers are? Are we afraid he won't clothe us the way we'd like?

## Closing Summary (31-34)

Don't be like pagans, worrying about food & clothing

God your Father knows you need them

Instead seek first God's kingdom & righteousness and he will provide food and clothing.

Don't worry about tomorrow, concentrate on today

Worrying takes away time & energy needed to deal with today's problems.