

# **A JOYFUL LIFE**

(Scripture: Matthew 6:25-34)

## **INTRODUCTION:**

1. A few years ago, I came across a story of a young woman who relates about her personal life.
2. She frequented the food pantry because she had no food, no money, and no place to live.
3. She had no family except for a husband who was in prison.
4. She was alone and poverty stricken.
5. On top of all that, she had a liver disease that was slowly taking her life.
6. She mentioned in the article how she was holding up during her difficult time in her life.
7. She said, "I am not worried about my life, because I know that God will take care of me."
8. This young woman, who had many problems, worried very little about her sad conditions.
9. You know, it is amazing how some people who suffer a lot worry very little while others who suffer little worry a lot.
10. How about you... Do you worry a lot?
11. Do you have a mind that tends to gravitate towards the worries of life?
12. What does the Bible teach on the subject of worrying?

### 13. The Bible instructs us not to worry.

 Jesus tells us in (Mt. 6:25) “do not worry.” In the original language, that phrase literally means “stop being anxious.”

 In (Phil. 4:6), Paul tells us, “Do not be anxious about anything.”

### 14. Here are some of the dangers of worrying too much.

#### a. Worrying can damage our health.

- (1) Medical experts tell us that prolonged worrying or anxiety can lead to physical problems.
- (2) It can produce (ulcers, headaches, backaches, change of blood pressure, heart attacks, and depression).
- (3) Worrying can become crippling if it is not properly controlled.

#### b. Worrying can disrupt our spiritual productivity.

- (1) When worries consume our thoughts, we tend to focus only on those worries.
- (2) By doing this, we tend to leave the Lord and His Will out of our lives.
- (3) We find little time for prayer; reduced time in Bible study; and reduced interest in church worship services.

 In (Phil. 4:6ff), Paul explains that if we worry too much, then God’s Peace will diminish.

#### c. Worrying affects the way we treat others.

- (1) When we worry a lot, we tend to be harsh towards our family, friends, and co-workers.
- (2) We get so wrapped up in our worries, that we lash out to those we love the most.

### 15. You see, worrying doesn't accomplish much.

16. Someone has said, "Worrying is like a rocking chair; it will give you something to do, but it won't get you anywhere."

## **THIS MORNING I WILL OFFER THREE WAYS ON HOW WE CAN WORRY LESS AND ENJOY LIFE MORE.**

### **I. FIRST, WE MUST REPLACE WORRY WITH PRAYER.**

 (Phil 4:6-7) "Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus."

1. We must turn our worries into prayer!
2. When we do that, the Bible says that God's peace will sooth our hearts.
3. You see, God wants our problems.
4. He wants us to lay our worries in His lap.

 (1 Pet. 5:7) "Cast all your anxiety on Him because He cares for you."

5. But after we give our worries to God, we must leave it in His hands.
6. We cannot start worrying about it again.
7. God will take care of it.

## **ILLUSTRATION:**

Recently, I came across a story in the internet of a man who was given only a few months to live because of heart trouble.

He was on a long waiting list for a heart transplant, so his chance for survival was not very good.

He tells in the article how he was coping with his situation.

He tells that he is very peaceful, because he prayed a lot to God.

He added that instead of constantly worrying about receiving a transplant, he gave his worries to God.

Since then, he had the transplant and is doing well.

8. Turning our worries into prayer, works, but we must leave it in God's lap and refuse to allow it to plague our minds.

## **II. SECOND, WE MUST LIVE ONE DAY AT A TIME.**

1. In (Mt. 6:34), Jesus offers us some wise words to live by. "Do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own."
2. Sometimes we spend too much time worrying about the past and the future.
3. We love to play the "what if" and "if only" games.
  - a. What if I get cancer, what will I do?

- b. What if I get fired, what will I do?
  - c. What if my children grow up & leave the Lord, what will I do?
  - d. If only I would have taken that other job.
  - e. If only I were rich.
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- 4. If we are constantly worrying about the past and future, then we are wasting precious time.
  - 5. Don't get me wrong, I do believe that we can plan for the future and learn from our past.
  - 6. It's OK to be concerned about our retirement, or planning for our family in case of an early death.
  - 7. It's OK to set future goals.
  - 8. However, it is not wise to constantly worry about these things.
  - 9. Jesus tells us to live one day at a time, because each day has enough problems to face.

### **III. LASTLY, WE MUST STOP WORRYING ABOUT THINGS THAT ARE OUT OF OUR CONTROL.**

- 1. We must stop worrying about:
  - a. What people think and say about us.

- (1) Remember we are not mind readers.
- (2) We cannot control their thoughts.
- (3) So why should we spend time worrying about what they think and say about us!
- (4) Some people will say good things about us but some people will dislike us and talk critically about us.
- (5) We cannot worry about what others think and say about us.

**b. The end of the world.**

- (1) The end of the world is out of your control.
- (2) For the Bible says, “No one knows about that day or hour, not even the angels in heaven, nor the Son, but only the Father” (Mt. 24:36).

**c. Death.**

- (1) The fear of death is the number 1 phobia in the world.
- (2) We are all going to die physically.
- (3) Death is a part of life.
- (4) For Christians, death is victory.
- (5) So we shouldn't allow death to plague our minds.

**2. Brethren we cannot worry about things that are out of our control.**

**3. Its unproductive.**

**ILLUSTRATION:**

When John Jacob Astor heard that his ship “The Tonquin” sank in the Pacific Coast, he knew his investment was lost.

But even after learning about the disaster, he still went to the theater.

When a friend who knew of the disaster asked how he could receive such news then attend light amusement, as if nothing had happened, Astor replied, “What would you have me do?”

Would you have me stay at home and worry and weep for what I cannot control?

4. When things happen to us that are out of our control we must not sit back and pout and worry about it excessively, instead we are to give our worries to God and trust that He will make things better for us.

#### CONCLUSION:

1. In closing, if we want to worry less and enjoy life more, then we need to do at least three things.
  - a. Replace worry with prayer.
  - b. Live one day at a time.
  - c. Stop worrying about things that are out of our control.
2. We never want to close a service without offering an invitation, so if you are in need of prayer, confession, repentance, or you would like to become a Christian, please come now as we stand and sing.