

How Can A Believer Overcome Worry?

Worry can be classified as a sin, because it is disobedience to such Bible commands as “Do not fret” (Ps 37:1, 7-8) and “Be anxious for nothing” (Phil 4:6).

The habit of worry, once formed, becomes difficult to break. Someone has said that “worry is the interest which people pay on borrowed trouble.” A brief answer, then, to this question would be, “Don’t borrow trouble.” This is not a mere cliché but part of basic Christianity. We profess to trust Christ for our eternal welfare; can we not trust Him for the comparatively minor necessities of life?

It is a principle of Scripture that we exhibit our inward state by outward acts and words. “For out of the abundance of the heart the mouth speaks” (Matt 12:34). We demonstrate that we love God by loving our brothers in Christ (I John 4:20). By using the same reasoning, we might say that worry demonstrates that our profession of confidence in God is not genuine.

In Matthew 6:25-34 we read direct commands by the Lord Jesus not to worry. The entire passage teaches us that we are to trust God for food, clothing, shelter, and for the necessities of life in general. Elsewhere in Scripture we are exhorted to take responsibility to make proper provision for our needs, but we should be aware of developing the harmful (and sinful) habit of worrying about such things. God has promised to care for us.

Philippians 4:6-7 gives the cure for worry:” Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus.” If we are convinced the subject of our concern is something legitimate and proper for us, we can bring it to God with earnest supplication to undertake for us in the matter. Then we must leave the matter in His hands, and rest in the assurance that in His wisdom, He will either give what we ask or give us something better. Faith enables us to share God’s own peace about the matter, and we do not worry. Worry is lack of confidence in God.

(Taken from HERE’S YOUR ANSWER BY Robert J. Little.)