

## WORRYING OVER WORRY

The three best selling prescription drugs in the United States are: Tagamet (an ulcer medication), Inderal (a hypertensive drug), and Valium (a tranquilizer). The most wealthy, healthy, intelligent, highly-advanced, enlightened generation ever to occupy this orbiting sphere is literally worrying to death.

It is remarkable and unfortunate that Christians are not immune to this disorder. They have been known to be just as insecure as those whose feet have never stood on the Rock of Ages, whose eyes have not looked to the hills from whence cometh their help, and whose minds are not set on things above.

Most saints know that they ought not to worry, so they end up worrying about worrying. What does the Owner's Manual say to do about this malfunction?

**The birds teach us not to worry (Matt. 6:26).** Whoever said that "worrying is for the birds" was off the mark. Birds do not worry! Who every heard of a bird taking ulcer medication, committing suicide when his stocks crashed, or dying with a heart attack? Birds are not concerned with the future, yet they form no lines at soup kitchens or welfare offices. God cares for them.

Surely, God could not be charged with watching out for sparrows and neglecting his own children! We are made in the image of God and infused with a soul from the father (Gen. 1:26-27; 2:7; Heb. 12:9). Birds are not. Thus, if God cares for them, He cares more for us (Matt. 10:29-31, cf. Rom. 8:32).

**The yardstick teaches us not to worry (Matt. 6:27).** Whoever heard of a short man worrying himself into a larger size? Was it ever reported that worrying *lengthened* someone's life? No! Worry is useless. *Stature (helikia)* indicates "a stage of growth whether measured by age or stature" (Abbott-Smith). Jesus says worry will not make you older (though we appear to be!) or taller. "Worry never climbed a hill; worry never paid a bill; worry never dried a

tear; worry never calmed a fear; worry never darned a heel; worry never cooked a meal; worry never composed a song to sing; actually, worry never did a worthwhile thing." "Worry is like a rocking chair, it keeps you busy, but gets you nowhere."

No one can lengthen his life by worrying, but there is evidence that worry can shorten it. When it comes to long life, what we are eating is important, but what is eating us is more important! Studies indicate that 70% of all illnesses are psychosomatic ("relating to bodily symptoms caused by emotional disturbance").

Worry has been listed as a leading cause of heart trouble, high blood pressure, stomach disorders, and respiratory ailments. "I have never known a man to die from hard work, but many who have died from doubt" (Dr. Charles Mayo). The old English root from which we get *worry* means "to strangle," and people are strangling their lives with anxiety. If for no other reason, we should not worry because it destroys the Spirit's temple (1 Cor. 6:19-20).

Worry falls into three classes: **(1) Things that have already happened.** Why worry? Eggs cannot be unscrambled and toothpaste cannot be put back in the tube. "Most worries are reruns" (Reader's Digest). Paul learned to put the past behind him (Phil. 3:13-14). If sin is involved, we should cleanse it in Christ's blood (Acts 22:16; Acts 8:22; 1 John 1:7), and go on.

**(2) Things which must happen.** All the worry in the world cannot change some things, for they will happen anyway. We are going to die (Heb. 9:27), so why worry about it? Prepare and let it come (Phil. 1:21).

**(3) Things which will never happen.** A little old lady said, "I always feel bad, even when I feel good, because I know that it will not be long before I feel bad again." Sad! "It is not the tornadoes that get us, but the termites." It is said that 85 percent of what we worry over never happens. (The original words for worry have to do with "being concerned with objects in the future; to be anxious beforehand.") Why waste the time (Eph. 5:16)? Time should be invested in working instead of worrying. The ant wastes no time worrying about the future.

Instead, it constantly works to prepare for tomorrow (Prov. 6:6-8). "Go to the ant."

**A child teaches us not to worry (Matt. 6:32).** Children lead us in many ways (Isa. 11:6), and one way is that they trust their parents. It is sinful to worry because it says, "I do not trust my Father to care for me." Worry is praying to the wrong god and thus insults Jehovah (cf. Psa. 37:1; Prov. 3:5-6; Phil 4:6-7).

Problems become smaller when they are seen in God's shadow. Martha was troubled about many things, but Mary was sitting at Jesus' feet (Luke 10:38-42). Guess which one was content! "Thou wilt keep him in perfect peace, whose mind is stayed on thee: because he trusteth in thee" (Isa. 26:3). Our coins say, "In God We Trust," and so should our hearts (Prov. 3:5; Psa. 9:10).

God is unlimited in what He can do (Rom. 8:28; Eph. 3:20; Phil. 4:19), so my problems are not very big to Him. It is much like a child who becomes frustrated with a knotted shoestring. To him it is a major problem and an unsolvable dilemma. He may even deem it worth several tears. Daddy smiles to himself and quickly unties it. The difference is a matter of perspective. Our major difficulties are only knotted shoestrings to Almighty God. Why get so upset?

A minute of prayer is better than an hour of worrying (Phil. 4:6). We read where Jesus spend an entire night in prayer, but never where he spent one second in worry. His example is worthy imitation (1 Pet. 2:21-22).

Worried? Let God handle it.

**Allen Webster from Beacon**

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*"Humble yourselves therefore under the mighty hand of God, that he may exalt you in due time: Casting all your care (anxiety, ASV) upon him; for he careth for you."*

**1 Peter 5:6-7**

## ILL

Rachel's Aunt Sally continues to battle cancer. Please keep her in your thoughts and prayers.

## PRAYER LIST

Kema's son, Jacob, is suffering with seizures. Leta Thrasher is in the nursing home in Aurora, Missouri. Julia Thrasher and Curtis Stillwell continue to recover from their surgeries.

## OUT OF TOWN

Rachel Peterson is in Higginsville this Sunday visiting her fiancée.

## LADIES BIBLE CLASS

Ladies Bible Class will meet on Saturday, January 27<sup>th</sup> at 10:30 AM at the church building. All ladies are encouraged to attend.

## DIRECTORY UPDATE

It is (past) time for a directory update! Directory Information Gathering Sheets (DIGS) are on the table in the foyer. Please fill these out with your information so we can include them in the directory. We would like to have the directory updated by the end of February.

## NURSING HOME VISIT

We are collecting items for a nursing home visit on February 17. Please check the bulletin board in the foyer for more details and a listing of suggested items. A bin has been placed in the foyer to collect the items.

## ATTENDANCE

Sunday AM 29; Sunday PM 23; Wednesday 23.

# Those To Serve

January 21, 2018

BUILDING AND COMMUNION..... George Thomas

### MORNING WORSHIP

ANNOUNCEMENTS..... George Thomas  
SONG LEADER..... Trent Thrasher  
OPENING PRAYER ..... John Carter  
PRESIDE..... George Thomas  
ASSIST..... Trent Thrasher  
CLOSING PRAYER..... Dave Parish

### EVENING WORSHIP

OPENING PRAYER ..... George Thomas  
CLOSING PRAYER..... John Carter  
LORD'S SUPPER..... Trent Thrasher

### WEDNESDAY 24th

SONG LEADER..... Ted Thrasher  
INVITATION ..... Trent Thrasher

## WORSHIP SCHEDULE

### Sunday

Bible Study..... 9:30 AM  
Morning Worship..... 10:30 AM  
Evening Worship..... 6:00 PM

### Wednesday

Bible Study..... 7:00 PM

Preacher: Ted J. Thrasher  
Phone: (913) 764-2325  
E-mail: thrasher@oabs.org

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