

PROFITLESS ANXIETY  
Phil. 4:6,7

The Divine Mind which inspired the Bible was not unacquainted with the tendency of man to worry. Almost every great chapter in the Bible was written for people who are having a hard time, or about people who are having a hard time. It is a wonderful book to read in the drear days when you are inclined to worry. In this amazing text Paul is warning us against a fretful and feverish attitude toward life; against listening to the voice of fear instead of listening to the voice of faith. He is forbidding us to worry. Paul does not here urge indifference, but a calm repose of soul, that simply and humbly does its best, and leaves the results with God.

As we think about the subject "Worry" we may well consider:---

I. Its Certainty

Worry is so common that it belongs to no one class. It belongs to every class; the poor, the rich, the unlearned, the cultured, the young, the old, those in trying circumstances, and those in good circumstances. We worry about all sorts of things, how to get money how to keep it, how to spend it, the things we do not have, what we have said, what we failed to say, what we have done, what we failed to do, our health, and our families. Some people worry because they are married and some because they are not. We often worry over calamities, but more often we worry about troubles that are purely imaginary. We belong to a worried and care-worn generation. But, our own troubles always seem the greatest. No matter how much or how well we plan there are days when "everything goes wrong". So we think there is no trouble like our own. There is no work, no place or position in life without annoyances, perplexities, anxieties, and surprises. According to the universal consensus of opinion there is only one profession or calling without friction, concern, and anxiety, and that is the ministry. A preacher's work is simplicity itself. If he knows how to "draw an inference", "draw a crowd", and "draw his salary", all the problems of existence are solved for him. However, trouble is the universal complaint.

II. Its Character

1. It is enfeebling

Worry eats out the very life of one's energies. It simply weakens and wears one out. Worry has killed many a person, but it never made a single one great.

2. It accomplishes nothing

Worry never solves a single problem, nor lifts a single burden, nor dries a single tear.

3. It is utterly useless

We may do many useless things, but we can never do anything more absolutely worthless and useless than to worry. Jesus made that perfectly clear when He asked, "Which of you by taking thought (Or worrying) can add one cubit unto his stature?" If you are not as tall as you wish to be, you will not grow taller by worrying about it. Worry does not do the slightest good. It is useless to worry about the things we can't help. The wise thing to

do is to help them. It is useless to worry about the things we cannot help. If we can not help a situation it is useless to worry about it. In fact, ninety-nine and forty-four one hundredth percent of the things that people worry about never happen anyway.

4. It is wrong.

"Fret not thyself, it tends only to evil". Worry never does anything but harm. It creates problems and increases burdens.

### III. Its Cause

1. It is a personal habit

2. It is contagious

We worry because others do.

3. An undue value is placed on this present world

4. Distrust of others

The people who worry most are those who have no faith in the integrity and ability of others. They are like the evil one who maintains that there is not one unselfish purpose, and one loving thought in the heart of anyone.

5. Distrust of self

Some worry about their inability to do useful things.

6. A lack of trust in God

Martin Luthur was given to excessive worry. One morning his wife dressed in deep mourning. When he noticed that fact he looked surprised and said, "Who is dead?" She answered quietly, "God." He said, "Foolish woman, God cannot die." She said, "Well, I thought He must be by the way you have been worrying about things." Luthur grasped the idea and broke himself of that terrible habit. For us to continue to worry is to indicate a deep distrust of God, a forgetfulness of His power, and an ignoring of His love.

### IV. Its Consequences

1. It is harmful to others

2. There are few forms of dissipation that are more harmful, physically, mentally, and spiritually than worry. It takes almost an endless amount of work to kill, but it does not take long for worry to turn your face toward the cemetery. It is destructive of all true happiness. It interferes with the discharge of duty, it hinders the growth of spiritual life. There is not a single benefit accruing from worry.

3. It is harmful to others

If we could get off in some lonely spot and worry all by ourselves, it would not be quite so bad. But there is no way of isolating people who worry. The ruin of many homes has been brought about through some nerve racked husband or wife who was a victim of worry.

4. It is displeasing to God

What a disappointment when one who claims to be a Christian is constantly moping and fretting and stewing as if God were either an utter bankrupt or completely heartless. One who worries, dishonors God.

### V. Its Cure

We are not going to cure ourselves of this habit by getting into an ideal situation. Some of the people who worry most have the least to

worry about, and some of the most carefree are in circumstances fraught with heartache and tragedy.

We must realize that a cure is possible, that in some measure we can help ourselves, that we should look for the best instead of the worst in others, that we should live for people and not for things, that we should carry all our anxieties to God in prayer, and then leave the results to God.

If you will apply this suggested remedy to your life and work you will realize as never before that "God will take care of you."