

## CCC GODS REMEDY TO WORRY P1

We begin a new series today that I'm calling "God's Remedies" and what this series will be about is we are going to look at the seven greatest sources of stress in our life and what is God's remedy to having victory over them. See, God has created you and I and He created each of us with a purpose for your life and He tells us that during this journey with Him it is to be stress free... So we are going to look at the seven greatest sources of stress over the next several weeks and find in God's word, the bible, God's remedy for these stresses. I want to start by looking at Psalm 23, this is a beloved psalm and it tells us what God is really like. It's a picture of God. My goal for the next several weeks is when we get through with the series you'll know what God is like and you'll know how much He really loves you and how much you matter to Him. See, the

more you understand God, the easier it is for you to trust Him. The first cause of stress we'll look at is Worry. We all have pet worries: finances, jobs, relationships, marriage, kids, health... There are three problems with worry. Worry is unhelpful, it's unreasonable and it's unhealthy.

**It's unhelpful:** What I mean by its unhelpful worry never accomplishes anything, it never solves anything. It is stewing without doing. It's like racing your car engine -- you create a lot of smoke and noise but you don't go anywhere. Worry has never solved a problem. Worry cannot change the past and cannot control the future. All worry will do is make you miserable today. It's unhelpful, it doesn't work. Worry is also:

**It is unreasonable.** Worry exaggerates your problems; it makes mountains out of molehills. It just makes problems seem bigger and bigger than what they really are. Think

about it, to worry about something you can't change is really useless. Okay, another thing worry is:

**It is unhealthy.** God did not create your body to worry; worry is unnatural. How do we know this; When you worry you get ulcers, you get backaches, headaches, insomnia, worry brings on bad health. You contract unhealthy thing. It makes us unhappy and unhealthy. The old English word for worry is the word "to strangle" or "to choke". That's what worry does – it strangles the life out of you. It strangles the joy out of you, the peace out of you. You weren't created to worry and actually worry is a learn thing, you have to learn to worry. You have to practice at it to be good at it.

So **WHAT IS THE REMEDY TO WORRY?** (Pause)

**BELIEVE GOD WILL TAKE CARE OF ME**

Ps. 23:1 "*The Lord is my shepherd; I have everything I need.*" If I believe that God is going to take care of me, I'm not going to worry. How can making God my shepherd be the remedy to stress in my life? We'll first you have to know what shepherds do.

1. A shepherd **provides**. He provides food, shelter, the basic necessities for his sheep.
2. A shepherd **protects**. He defends against enemies, harm.
3. A shepherd **guides**. He leads sheep when they're confused and don't know which way to go.
4. A shepherd **corrects**. Any problem that comes along, he corrects it.

The amazing thing is this: God has promised to do all these four things in your life if you'll trust Him, if you'll let Him be your shepherd. God says "I'll provide for you. I will protect you. I will guide you. I will correct the problems in

your life for you. God's word, the bible says, "*God takes care of his people like a shepherd.*" Isaiah 40:11 God says, in Phil. 4:19 it says, "*My God will meet all your needs according to his glorious riches in Christ Jesus.*" Notice this doesn't say, God will meet all of your greed. There's a difference between needs and wants. If God met all of our wants you and I would be the biggest spoiled brat's in the universe. He's not going to give you everything you want. But He has said, "*I will meet all of your needs.*" God says "*I will...*" He doesn't say, I might, I'll think about it, possibly I may. He says, *I will*. Remember we have said that God is a holy, righteous, just God. We'll when God says, I will... That means God's character is on the line. He's either going to do what He says or then He's a liar and His word, the bible, is just a bunch of letters. When God makes a promise His character, His name is on the line.

He's either got to do what He says or the way I see it, He's a liar. God says "*I will meet all ...*" What does "*all*" include? Does it mean... Doctor payments? Mortgage payments? Spiritual needs? Financial needs? Health needs? Relational needs? And the answer to these questions are, Yes!. So follow my thinking here, if God has promised to provide all of your needs, if He has promised to protect you, to guide you when you're confused, and to correct the problems in your life, what does that leave for you to worry about? Nothing. Let me give you an example... When you have an insurance policy, once you know what's covered in that policy, you don't worry about it anymore do you. In God's word, the Bible there are over 7,000 promises if the Lord is your Shepard— When you understand them, what is left to worry about? Worry is not only unhelpful, unreasonable, unhealthy -- it's unnecessary if Jesus Christ

is you're Shepherd. Any time you worry you're acting really like a non-believer. In essence you are saying: God is not going to keep His promises to me; God's not going to take care of my needs. Therefore it is up to me then...

### **How Can I Let God Be My Shepherd?**

God is not the Shepherd of everybody. He is only the Shepherd of those who let Him be the Shepherd.

### **How do you let God be your Shepard?**

**Accept Jesus as my Lord.** Listen to what we read in Psalm 23 "*The Lord is my Shepherd.*" -- The Lord can't be your Shepherd until the Shepherd is your Lord. The two go together. You can't ask Him to be the Shepherd without allowing Him to be your Lord. What does it mean to be Lord? Lord simply means whoever is in charge. Lord means to be in control. Today we might say boss, manager, CEO, chairman of the board. Lord means under control, the

person who is on top, in control, the person calling the shots. Jesus Christ is Lord in your life if He's calling the shots... If He's not calling the shots, He's not Lord. And if He's not Lord, He's not Shepherd. Because the Lord is my Shepherd. To accept Jesus as Lord means three things.

"Jesus said, *'I am the good shepherd... my sheep know me ... they listen to my voice, and they follow me.'*" John 10:14

these three words are what it means to have Jesus as Lord: You *know* Jesus, you *listen* to Jesus, you *follow* Jesus. You put Him in control.

All the worry that you're worrying about -- whatever it is -- worry is the control issue, the root behind all of your worry, is a fear that you are not in control or maybe it is best said this way, worry is always an attempt to control the uncontrollable. Worry is assuming responsibility God never created you to have. Whenever you try to control the

uncontrollable you're going to worry. Worry is a warning light. Whenever you start to worry the light should go on: Warning!-- you're trying to control too much. That is the root behind all worry. Every time you start to worry, you're trying to control something that you shouldn't be trying to control in the first place.

So let me ask you? Who's in control of your life? God gives you the option. He doesn't force Himself on anybody's life. You have two options -- either you can be in control of your life, and if you are you better start worrying... or you can let God be in control of your life. God doesn't co-pilot with you. God is not going to force it on you, but either you can be in control of your life or you can let Him be in control of your life. God doesn't co-pilot with you. He made you. He knows what will make you happy more than you do and listen carefully He has the

power to bring those things that he knows will make you the happiest to pass. If you are in control of your life you're playing God and playing God is the root of worry. Listen you and I don't have it all together and you and God know you don't have it together... I guess what I am trying to say is, "If you're running your own life without God's direction, you ought to be worried." Why do I say that, because the things in your life you can't control, you have no power over them to control them and you have every reason to worry. But if God, who is all knowing, all powerful, is running your life and He's your Lord and your Shepherd you know He can control anything that happens, so you don't sweat it. You just accept Jesus as the Lord of my life. So How Can I Let God Be My Shepherd?

**Begin Praying About Everything** Pray about all the stuff you usually worry about. You know when I say pray I'm

just mean talk to God about what you worry about. Don't make it some religious ceremony; praying is just talking with Him. If we prayed about all the things we worry about we would have an awfully lot less to worry about, wouldn't we... Worry doesn't change anything; prayer does. Prayer gets in touch with God who can change it. Whenever I'm worried I have two options – I can panic or I can pray. Listen to God's word says to us: *"Don't worry about anything; instead pray about everything; tell God your needs... if you do this, you will experience God's peace, which is far more wonderful than the human mind can understand."* (PAUSE and REPEAT) Phil. 4:6 Notice it says, "everything." Don't just pray about religious things. A lot of people, when they pray, they think God wants to hear a lot of religious things. But God says, pray about everything. If it's big enough to worry

about, it's big enough to pray about and God's ability is greater than your anxiety right now. God word says, "*Cast all of your anxiety on him because he cares for you.*" I Peter 5:7

Cast means to unload, let it go. The Greek word literally means, drop. Unload it. Prayer is an incredible stress reliever. Notice it says All -- whatever you're stressed out about, whatever you're upset about, whatever you're irritated about. Cast it all on Him. Dump it on Him. Unload on Him and trust in Him, leave it with Him. The problem is most of us do the casting like we do fishing. We cast our worries out and then we real them back in and worry.

So How Can I Let God Be My Shepherd?

**CONSIDER ONE DAY AT A TIME.**

Focus, concentrate and consider one day at a time.

Matthew 6:34 "*So don't be anxious about tomorrow. God*

*will take care of your tomorrow too. Live one day at a time.*" Jesus is saying; don't open your umbrella until it starts raining. Today is the tomorrow that you worried about yesterday. When you worry you don't do anything about yesterday, you can't control tomorrow, and you just mess up today. The future can seem overwhelming. So therefore, God has put it in little bite-size pieces. He just gives it to us in one little 24 hour increment at a time. Live one day at a time. Matthew 6:11 "*Give us today our daily bread.*" Overcoming worry is a day to day choice. I wish I had a pill that would just stop you from worrying, but no pill that will make you stop worrying. Oh there are a lot of things out there that will try, smoke a little weed, drink enough alcohol, sniff something up your nose and the list could go on... But see there is nothing that will make you stop worrying. Let me also tell you that there is no one

spiritual experience you can have that you will never worry again. Worry, and the remedy to it, is going to be a daily choice, maybe sometimes even hourly, sometimes moment by moment choice in which you say, I am going to believe The Lord is my Shepherd or am I going to believe I am my own Lord and Shepard? Who is in control of your life? Who's calling the shots? If I'm in control, I have a lot to worry about. But if God's in control, it's His problem and He can handle it.

Let me ask you a question this morning? What's got you worried? What is it that causes you to fuss and fume, toss and turn, wondering "Is it ever going to work out?" What is it that when you think about it you get the pit in your stomach? I don't know what you're going through right now, but that doesn't matter. God does. God knows exactly what you're going through. "*Your heavenly Father*

*already knows perfectly well what you need, and he will give them to you if you give him first place in your life and live as he wants you to."* Matthew 6:11. I encourage you to go home and read Ps. 23. You will find that seventeen times in six verses, the words "I", "my" or "me" are used. This is an intensely personal psalm. The word "You" -- talking about God -- is used five times, "He" or "His" is used about 7 or 10 times. This psalm is about a relationship to God. That's the remedy to your stress. Religion will not get rid of your stress. Religion will not help you stop worrying. You don't need religion. You need a relationship. You need a Shepherd -- somebody who provides, protects, guides and corrects you. God says "That's what I made you for. I didn't make you for religion. I made you to know Me." He knows all about you, He wants you to know Him. That's why He sent Jesus Christ.

I invite you to take the first step this morning by opening your life to Jesus Christ if you've never done so. Ask Jesus Christ to become your Lord -- your boss, manager -- and Shepherd, as He's promised to do.

I want to end by sharing a story with you about a fellow named, Wilbur Chapman. Wilburn was asked to come cheer up a little 10 year old boy who was dying of cancer. He went to the home of the little boy. The little boy was worried about dying and Chapman said, "I want to teach you something. Let me have your hand. The Bible says, *'The Lord is my Shepherd.'* Every time you start to get worried about what's going to happen to you, you think, *'The Lord is my Shepherd'* and you hold onto your index finger." Two weeks later the little boy died in his sleep. The next morning his mother found him holding his index finger.

I don't know what you're worried about or stressed out about today, but I do know this: God loves you, He cares about your stress, and He can help you. "*The Lord is my Shepherd*". Emphasize different words -- "*The Lord is my Shepherd*" -- there is only one real Lord, all the others are fakes and imitations. "*The Lord is my Shepherd*" -- not might be, He will be, He always has been, He always will be. "*The Lord is my Shepherd*" -- Can you say that with certainty? Is the Lord your Shepherd? Is the Shepherd your Lord? He can't be one without the other. When you can say that and mean it, you're going to stop worrying. Don't carry that burden one more second. It's unnecessary. Just whisper something like this: "Jesus, I don't understand it all, but I've seen that You've promised to take care of my needs if only I'll trust You. And I realize that worry is just a warning light that I'm trying to control everything. I don't

want to do that any more. I want you to be in control of my life. I want You to be my manager. I want You to be my Lord. I want to know You. I want to listen to You. I want You to lead me in the life plan, the life purpose that You made me for. Amen.