



October 24, 2021
“Don’t Worry About It”
Luke 12:22–31
Pastor Gary Hamrick

All of us worry some of the time, and some of us worry all of the time, but Jesus told us not to worry any of the time! Yes, worry is a sin! Jesus addressed the topic of worry and anxiety head-on in Luke 12. In today’s message, Pastor Gary encourages us to give our worries and anxieties to the only one who can help us – the Lord Jesus.

1. Worry

- a. Pastor Gary said, “The fact of the matter is that all of us worry some of the time, and some of us worry all of the time. But Jesus said that none of us should worry any of the time. ... [There] is a human tendency to worry. ... It is a sin to worry, and I’m not saying it; Jesus [did]. ... The basic definition of sinning against God is when God tells us to do something and we don’t do it. So, when God says, ‘I don’t want you to worry,’ and we worry, that’s disobeying him. So, worry is a sin.”
- b. Pastor Gary said, “[I want to share] a word of grace because some of you have experienced severe trauma in life that has led to a real battle with anxiety and fear. And for [those experiences] you may need [help], if you are not already getting professional help, so there is grace for you, no condemnation [for you]. But for the vast majority of us we simply worry because we are not trusting God.”

2. Why do we worry?

- a. Pastor Gary said, “We often worry about things we cannot control, which means that most worry is really a control issue. [The natural question is] who or what is in control of your life? [As] Christians we go around saying, God is in control. We love to declare how sovereign [God] is, and he is. But many times, we as Christians go around saying, ‘God is in control,’ but we live life

like we are in control, and then when we are faced with situations that are beyond our control, we start to worry. ... [The truth is that] very little is within our control.”

- b. The Greek word for worry is merimnao, which appears in [Luke 12:22, 25-26](#), means to be distracted or divided.
 - i. [Luke 12:22, 25-26](#) – *“Then He said to His disciples, ‘Therefore I say to you, do not worry about your life, what you will eat; nor about the body, what you will put on. ... And which of you by worrying can add one cubit to his stature? If you then are not able to do the least, why are you anxious for the rest?’ ”*
 - ii. Pastor Gary said, “When we worry, we become distracted. Our minds become preoccupied with everything we are worrying about, and we lose focus on the other things that are important. ... Worrying also divides us. We become very conflicted internally. ... We have a hard time making decisions, and we don’t know what to say or what to do. ... We tend to worry because we feel out of control instead of learning to be under control [of] the Holy Spirit.”
- c. In [Luke 12:29](#), the Greek word is meteorizomai from which derives the English word meteor.
 - i. [Luke 12:29](#) – *“And do not seek what you should eat or what you should drink, nor have an anxious mind.”*
 - ii. Pastor Gary said, “... things that are just beyond us way out in the atmosphere, that’s where worrying tends to take us. We just get way [out] in the atmosphere, and we [sometimes] lose sight of reality.”

3. What do we typically worry about?

- a. [Luke 12:22-23](#) – *“Then He said to His disciples, ‘Therefore I say to you, do not worry about your life, what you will eat; nor about the body, what you will put on. Life is more than food, and the body is more than clothing.’ ”*
- b. Pastor Gary said, “In the first century [food and clothing] were legitimate worries. They didn’t even know where the next meal was coming from. ... A lot of times the only clothing [people] owned was on their backs. ... Jesus drew upon two common, everyday examples to help them understand how much God [cared] for them... [Jesus referred to the ravens concerning food and to the lilies concerning clothing.] ... [Translating this to our day we also worry about these things but for very different reasons.] ...
 - i. [Luke 12:24, 27-28](#) – *“Consider the ravens, for they neither sow nor reap, which have neither storehouse nor barn; and God feeds them. Of how much more value are you than the birds? ... Consider the lilies, how they grow: they neither toil nor spin; and yet I say to you, even Solomon in all his glory was not arrayed like one of these. If then God so clothes the grass, which today is in the field and tomorrow is thrown into the*

oven, how much more will He clothe you, O you of little faith?"

- c. Pastor Gary shared a list of the seven things that Americans worry about the most.
 - i. The future or the unknown
 - ii. The past and what they can't change
 - iii. Money
 - iv. Health
 - v. Job security
 - vi. Relationships
 - vii. What others think
- d. Dr. Charles Mayo, co-founder of the Mayo Clinic, said, "Worry affects the circulation, the heart, the glands, the whole nervous system, and profoundly affects the health."¹
- e. Corrie ten Boom said, "Worry does not empty tomorrow of its sorrow. It empties today of its strength."

4. How can we fight against the sin of worry?

- a. Take captive every thought
 - i. Pastor Gary said, "Worry is a battle and the battlefield is the mind because [worry] first comes into [our] thoughts the things that are anxious and worrisome to us. ... [Unsaved people who have no help [are] just self-reliant because they don't know the Lord and, therefore, they can't draw on the Lord's help and the Lord's strength. An unsaved world goes in search of all of these things, and worries about all of these things, and is anxious about all of these things. [But] followers of Christ have a different ability to cope and a different ability with the grace and help of God to deal with the things that cause [them] to be anxious."
 - ii. **Luke 12:30** - *"For all these things the nations of the world seek after, and your Father knows that you need these things."* (Emphasis added)
 - iii. **2 Corinthians 10:3-5** - *"For though we live in the world, we do not wage war as the world does. The weapons we fight with are not the weapons of the world. On the contrary, they have divine power to demolish strongholds. We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ."* (NIV 1984)
 - 1. Pastor Gary said, "[Through] God's help and grace and power we have a weapon that the rest of the world does not know if they don't know God, and that weapon is the help of the Holy Spirit to take captive every thought that is dishonoring to God or sinful to God. ... We have to reign in our thoughts because if

¹ <https://www.forbes.com/quotes/1687/>

we don't, our thoughts, every time, will take us to a very dark place. ... [Ninety-five percent of the things we worry about never happen, which means that we waste an awful lot of time and emotional, mental, and physical energy on nothing, and for that we should be embarrassed because this shows how faithless we can be.] ... The other one to five percent that might happen, God will give you the grace for [whatever this situation is]. ... I know the reason why a lot of us let our minds go [to the place of worry, and that's because we think that if we prepare ourselves for the worst, then we will at least be prepared].'

b. Lean into our heavenly Father

- i. **Luke 12:30** - *"For all these things the nations of the world seek after, and your Father knows that you need these things."* (Emphasis added)
- ii. Pastor Gary said, "You have a father in heaven, and he will take care of you [in] whatever you are going through. ... We need to be reminded of this. Some of you didn't have an earthly dad who instilled much comfort and security in you, but you need to know that you have a heavenly father who wants you to know [that] it's going to be okay."

c. Pray it through until you get God's peace

- i. **Philippians 4:6-7** - *"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."* (Emphasis added)

1. Pastor Gary said, "The word prayer basically means to commune and connect with God. Talk to God, have conversation, [and] pour out your heart. ... [We need to confess sin and get our hearts right with the Lord.] ... [The word supplication means to petition or request.] ... [Always season your prayer and supplication with thanksgiving to let the Lord know how much you love him.] ... What does [Paul] mean by peace that [surpasses] all understanding? ... There [will be] a peace that comes upon you that doesn't make sense. People will look at [us and wonder how it is that our lives look like they are falling apart, but we have God's peace]. ... God will sometimes change our circumstances, and thereby we have his peace, and sometimes our circumstances stay the same, but he will flood our hearts and minds with his peace. ... It won't make sense to us, and it won't make sense to other people."

- ii. **1 Peter 5:7** - *"[Cast] all your care upon Him, for He cares for you."*

1. Pastor Gary referred to a hymn written in 1904 by Civilla D.

Martin, titled *God Will Take Care of You*.²

Discussion Questions

1. Read [Luke 12:22-31](#) to provide a foundation for your Bible study time.
2. Read and discuss Pastor Gary's opening remarks about worry. (See #1 through #2a above)
3. Spend time talking about the meaning of the Greek words for worry and anxious. (See #2b-i and #2b-ii above)
4. How has the Holy Spirit helped you cope with worry and anxiety?
5. Read and discuss Pastor Gary's comments about the things people typically worry about. (See #3b and #3c above)
6. How would you rank the top seven things in the list Pastor Gary shared?
7. Are there things that you no longer worry about at all?
8. Read and discuss the Dr. Charles Mayo and Corrie ten Boom quotes. (See #3d and #3e above)
9. Read and discuss Pastor Gary's comments about taking captive every thought as [2 Corinthians 10:3-5](#) encourages us to do. (See #4a, #4a-iii, and #4-iii-1 above)
10. Read and discuss Pastor Gary's comments about leaning into our heavenly Father. (See #4b above)
11. Read and discuss Pastor Gary's remarks about receiving God's peace. (See #4c-i-1 above)
12. Read and discuss [Philippians 4:6-7](#) and [1 Peter 5:7](#).
13. Close your meeting by allowing the Holy Spirit to lead your time of prayer.

* Unless noted, all Scriptures quoted are from the New King James Version (NKJV)

² <https://hymnary.org/media/fetch/136793>