

## Stop Worrying

Luke 12:22-30

There are some people here whose circumstances are easier than others. Some have good health; others not. Some enjoy many comforts; others suffer many hardships. Some find life right now easy and enjoyable; others find life difficult and depressing. Our circumstances have little to do with our lives as they exist in reality. Circumstances are temporary and change quickly. Eternal life is a matter of the soul, or inner person. *What is within me has more to do with my joy or sorrow than anything outside of me.*

### I. I can only stop worrying when I put my focus on “inner work.”

When I focus on the external, I strive hard to impress; but when I focus on the internal, I thrive in times of distress. This is the teaching of Jesus throughout Luke 12 and also of other biblical writers.

*“Bless the Lord, O my soul,”* says David, *“and all that is within me, bless His holy name”* (Ps. 103:1).

*“Let not your heart be troubled,”* Jesus said *“In this world you will have tribulations”* (John 14:1).

*“Don’t worry about (the externals) ...life is more than food; your person more than clothing”* (v. 22).

A. **The goal is to stop worrying** – *“For this reason I say to you, do not worry about your life”* (v. 22).

Saying “don’t worry,” is like saying, “don’t be afraid.” Worry and fear similar to darkness. The only way to expel darkness is to replace it with light. To get rid of worry is to replace it with hope.

B. **No guilt if you are now worrying – just learn to stop it** – *“do not keep worrying”* (v. 29).

*“Do not seek what you will eat and what you will drink, and do not keep worrying”* (Luke 12:29).

It is a given that all of us by nature tend to worry; only God by His internal work will help us stop.

### II. The inner work comes from stabilizing my doubtful mind.

In the King James Version, v. 29 is translated “don’t be ye of doubtful mind.” What is it that I doubt?

A. **I need to be firm about God’s goodness and mercy to me** (v. 24, 28, 30)

Ravens never sow or reap for feed, but they are fed; *how much more valuable am I?* (v. 24)

Lilies never toil or spin, but they are clothed in splendor; *how much more will I be clothed?* (v. 28)

Do not seek what you will eat or what you will drink; *my Father knows what I need* (v. 30).

He is good and merciful to the undeserving! I am not going to doubt His faithfulness because of my unfaithfulness or failures. *“He abides faithful: He cannot deny himself”* (II Timothy 2:13).

B. **I need to be firm about the way that I should live my life.**

In any circumstance, at any time, tell me what is right, and You have told me what I must do. If I give consideration to anything else, I will not do what I know is right. Show me Your will, and You have shown me my path. *“I have not conferred with any human being”* (Galatians 1:16).

C. **I need to be firm about the importance of the eternal over the temporal.**

*“By faith Abraham, when he was called, obeyed by going out to a place which he was to receive for an inheritance; and he went out, not knowing where he was going. By faith he lived as an alien in the land of promise, as in a foreign land, dwelling in tents with Isaac and Jacob, fellow heirs of the same promise; for he was looking for the city which has foundations, whose architect and builder is God. (Hebrews 11:8-10). “For we know if the earthly tent which is our house is torn down; we have a building from God...eternal in the heavens”* (II Cor. 5:1).

### III. Being convinced of the love of God gives me power to overcome the world.

*“For all these things the nations of the world eagerly seek; but your Father knows that you need these things. But seek His Kingdom of God, and all these things will be added to you”* (vs. 30-31).

Remember that a Kingdom is “A King’s Dominion.” When God rules your life; your life is ruled well.

Our job is to stop worrying by doing some inner work and becoming convinced of what is true.