

WORRIED & BOTHERED ABOUT SO MANY THINGS

Luke 10:38-42

THE GOAL?

“Undistracted devotion to the Lord” -
1 Corinthians 7:35

Without care, interruption, and anxiety.
Free to engage with undivided interest
in the service of the Lord.

Solomon called for God’s people to be
“*wholly devoted*” (1 Kings 8:61). To be
“un-entangled”- 2 Timothy 2:3-4

THE REALITY

Satan knows how to interrupt, distract
and unsettle us.

David spoke of being “*restless*” and
“*distracted*” by events in his life.

Psalms 55:1-7

Martha illustrated the temptation we all
face. She was said to be “*distracted*”,
“*worried*” and “*bothered*” about “*so
many things*”. Luke 10:38-42

WE LIVE IN A “STRESSED OUT” WORLD

- ◉ 13% of American adults suffer from “anxiety disorders”.
- ◉ 1/2 of all Americans consider themselves “moderately or highly stressed”. 42% say it’s getting worse.
- ◉ Worker compensation claims for “mental stress” rose 200% in California in the 80’s.
- ◉ The big 3...
 - 73% say the number 1 cause of their stress is... \$\$\$.
 - 70% say health & 62% say work are significant sources.

GOD’S COMMAND

Do not be anxious! - Matthew 6:25-34

Be anxious for nothing - Philippians
4:6

Why preach on this?

Because it’s sinful and can cost our
souls!

IT DOESN’T STOP THERE!

If disobedience to God’s commands was not
enough!

Living with a heavy heart.

Proverbs 12:25, “Anxiety in the heart of a man
weighs it down”

Living an unproductive life.

Matthew 13:22, “...the worry of the world, and
the deceitfulness of riches choke
the word, and it becomes
unfruitful”

THE EXCEPTION

What's the word in our vocabulary that almost always follows these words out of our mouth?

"I know I shouldn't worry..." or "I know I shouldn't be anxious..."

"But..."

What does that word indicate?

THE ISSUE ISN'T...

- ◉ Whether we face anxious moments in our life,
 - It's what we do about it.
 - ◉ Do we turn it over to God?
1 Peter 5:7; Philippians 4:6
 - ◉ Do we do what we can?
Mark 14:8; Genesis 42:1; 2 Kings 7:3
 - ◉ What are we saying if we continue to be anxious after prayer?
 - ◉ Example:

THE ISSUE ISN'T...

Whether we face anxious moments in our life,

- It's what types of things bother us, distract us or cause us concern?
- We need to honestly assess whether it's the physical things of life that have become our primary source of distraction and bother?

WHAT ARE WE WORRIED AND BOTHERED ABOUT?

Our health!

- ◉ But what about our spiritual health?
- ◉ 3 John 2, "Beloved, I pray that in all respects you may prosper and be in good health, just as your soul prospers."
- ◉ What if our physical health was directly linked to our spiritual health? Jeremiah 8:21-22
- ◉ Granted, physical health problems are real, but what do we spend more time worrying about?

WHAT ARE WE WORRIED AND BOTHERED ABOUT?

Our home - our "stuff".

- ◉ But what about our spiritual home?
- ◉ How concerned are we about the condition of the Lord's church?
2 Corinthians 11:28
- ◉ How concerned are we about the spiritual home God has prepared for the faithful?
2 Peter 1:11; John 14:1-4
- ◉ What do we spend more time worrying about? Haggai 1:3-9

WHAT ARE WE WORRIED AND BOTHERED ABOUT?

Our finances!

- ◉ But what about our spiritual treasure?
- ◉ Have we invested in heaven? Matthew 6:19ff; 2 Timothy 1:12
 - How? Give ourselves. 2 Corinthians 8:5; 12:15
- ◉ What do we spend more time worrying about? Luke 12:13-21
 - Granted, we need to be good stewards.

WHAT ARE WE WORRIED AND BOTHERED ABOUT?

Our jobs!

- ⊙ But what about our spiritual work?
- ⊙ The church needs every member working. Ephesians 4:16
 - Minimums or maximums? 1 Corinthians 15:58
- ⊙ What do we spend more time worrying about?
 - Granted, we need to work for our food. John 6:27

WHAT ARE WE WORRIED AND BOTHERED ABOUT?

Life being fair!

- ⊙ It wasn't fair for Jesus Christ! 1 Peter 2:19-24
- ⊙ What happens/or doesn't happen to others.
 - Peter had to learn. John 21:18-23
 - David/Asaph had to learn. Psalms 37 & 73
- ⊙ What's expected when it's not fair? 1 Corinthians 6:7; Matthew 5:38-43

WHAT WAS PAUL WORRIED ABOUT?

- ⊙ "The Churches" - 2 Corinthians 11:28
- ⊙ The "welfare" of his brethren -Philippians 2:19-21; Acts 15:36
- ⊙ The salvation of souls - Romans 10:1
- ⊙ The response to the gospel - 2 Corinthians 7:5-7
- ⊙ Not the "stuff" of this life - Philippians 4:11-13
- ⊙ Not his personal well being - 2 Corinthians 1:8-9; Acts 12:7; 16:25.

ONLY A FEW THINGS ARE NECESSARY

- ⊙ Mary- taking advantage of every opportunity to learn - be a true disciple. Luke 10:39
- ⊙ "One thing I do...I press on" - Philippians 3:13-14
- ⊙ Fear God and keep His commandments. Ecclesiastes 12:13; Acts 10:35
- ⊙ Keep first things truly first. Matthew 6:33
- ⊙ Love Him - heart, soul, mind, and strength. Mark 12:30

THE RESULT?

- ⊙ A "composed" and "quieted" soul. Psalms 131:1-2
- ⊙ A "peace which surpasses all comprehension" guarding our hearts and minds? Philippians 4:7

REALLY ONLY ONE THING IS NECESSARY

Is your heart/life right with God* and will He welcome into the eternal kingdom?

*Have you been forgiven of your sins through the blood of Jesus Christ?