

## Kill Worry Before Worry Kills You, Part 1 - Philippians 4:6-7 – March 3<sup>rd</sup>, 2019

- As many of you doubtless know, I have really been looking forward to these two verses in Philippians for quite some time now.
- This because of the work God has been doing in my life over the years, concerning my own proclivity when it comes to worry.
- I would be disingenuous at best and dishonest at worst were I not to confess to you that I still struggle with both worry and fear.

- What I'm hoping to do in this series on worry is first address the seriousness of worry; then provide the Biblical cure for worry.
- Actually, the reason I chose this title for this teaching is because, left unchecked, worry has the propensity to eventually kill us.
- Here's why, worry causes stress, which in turn damages our immune system, digestive system our heart and our mental health.

In his book, "The Hidden Link Between Adrenalin and Stress," Dr. Archibald Hart summarizes the effects of stress on various parts of the body. "The Brain: generalized panic and anxiety, migraine headaches. The Heart: rapid heartbeat, skipped beats; raised blood pressure, thumping and mid-sternum mild pain, dizziness and light-headedness from high blood pressure, palpitations. The Stomach and Intestines: general gastric distress, feelings of nausea, acid stomach and heartburn, some forms of colitis, indigestion, churning."

In May of last year, Time Magazine published an article about how according to a new poll, Americans are more anxious than they were last year. In it they cite a survey conducted by the American Psychiatric Association, which found that approximately 40 million American adults, roughly 18% of the population have an anxiety disorder. <http://time.com/5269371/americans-anxiety-poll/>

Lest one thinks that it's only American adults who are anxious and stressed, think again. According to a Pew Research Center report published by Axios a couple of weeks ago on February 20<sup>th</sup>, Anxiety and being stressed out is a bigger concern for teens than are drugs and poverty. In it they say that "teens were the most likely to say stress and anxiety were of major concern for their peers — more than drug addiction, bullying or poverty."

<https://www.axios.com/poll-teenagers-stress-anxiety-major-concern-teens-91b9d298-e0a0-439b-967a-76f058a4dfea.html>

- I would submit that the reason we are commanded not to worry or be given over to anxiety is because of the damage it causes.
- In other words, God loves us so much He doesn't want us to needlessly suffer the painful consequences that will always ensue.
- It's for this reason we have the Biblical prescription for the worry and anxiety problem, which is to take it to the Lord in prayer.

1 Peter 5:7 - Cast all your anxiety on him because he cares for you.

- You'll forgive me for what may seem like an oversimplification, but prayer is the cure for all worry, which is what Paul is saying.
- In other words, if we pray about everything, and thank God for anything, the affect will be that we will then worry about nothing.
- God as only He can will replace our anxiety with a peace that surpasses human comprehension in both our hearts, and minds.

Years ago, in the pioneer days of aviation, a pilot was making a flight around the world. After he had gone for some two hours from his last landing field, he heard a noise in his plane, which he recognized as the gnawing of a rat. He realized that while his plane had been on the ground a rat had gotten in. For all he knew the rat could be gnawing through a vital cable or control of the plane. He was both concerned and anxious. At first he did not know what to do. It was two hours back to the landing field from which he had taken off and more than two hours to the next field ahead. Then he remembered that the rat is a rodent. It is not made for the heights; it is made to live on the ground and under the ground. Therefore the pilot began to climb. He went up a thousand feet, then another thousand and another until he was more than twenty thousand feet up. The gnawing ceased. The rat was dead. He could not survive in the atmosphere of those heights. More than two hours later the pilot brought the plane safely to the next landing and found the dead rat. The take away from this is kill the rat of worry before the rat of worry kills you by taking your care into the elevation of prayer.

- I want to close with the words of a famous Hymn of old, "What a Friend We Have in Jesus," written in 1820 by Joseph Scriven.
- The horrible tragedies he experienced in his life inspired the writing of this classic about taking everything to the Lord in Prayer.

- What a friend we have in Jesus, All our sins and grief's to bear! What a privilege to carry, Everything to God in prayer!
- Oh, what peace we often forfeit, Oh, what needless pain we bear, All because we do not carry, Everything to God in prayer!
- Have we trials and temptations? Is there trouble anywhere? We should never be discouraged—Take it to the Lord in prayer.
- Can we find a friend so faithful, Who will all our sorrows share? Jesus knows our every weakness; Take it to the Lord in prayer.
- Are we weak and heavy-laden, Cumbered with a load of care? Precious Savior, still our refuge—Take it to the Lord in prayer.
- Do thy friends despise, forsake thee? Take it to the Lord in prayer! In His arms He'll take and shield thee, Thou wilt find a solace there.
- Blessed Savior, Thou hast promised, Thou wilt all our burdens bear; May we ever, Lord, be bringing All to Thee in earnest prayer.
- Soon in glory bright, unclouded, There will be no need for prayer— Rapture, praise, and endless worship Will be our sweet portion there.