

Why worry: You of little faith

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Matthew 6:25a “For this reason I say to you, do not be worried about your life. . . (NASB)

Many people worry a lot. Christians do worry. We worry about our present and future displeasures, discomforts and misfortunes. We worry about our fidelity in marriage, singleness, our looks and beauty, maintaining our fame and successes. We worry about how to store up and protect our wealth and successes of our children. Many of us dwell in our worries or anxieties to the point that we are already sinning against God. And it affects our attitude of ourselves and others. Is it possible not to worry about our needs and wants? Is it possible not to commit sin of worry? How can Christians maintain their faith and trust in God and not be controlled by the worries of life?

We are encouraged in the Scriptures to live by faith and walk by faith and not by sight (2 Corinthians 5:7). Whether in hardship, insecurities and fear of the present and future, trust God’s character and His words. As we exposit Matthew 6 and half of verse 25, our Lord Jesus Christ commanded us to trust in His provision and providence (God is at work all the time for His good pleasure), and believe His divine sovereignty is always perfect and nothing happens by chance. In the issue of money, riches and wealth, we are commanded in Scriptures not to put our hope and life in our possessions because they are all temporary and rust (Matthew 6:19-20). We are also commanded to have a singleness of purpose to continue fixing our eyes on Jesus (Hebrews 12:2), storing up treasures in heaven and serving God as our Master and Owner of everything (Matthew 6:16-21).

Now Jesus was seated in one of the hills in northern Galilee (north of Israel) overlooking the Sea of Galilee. His disciples and the multitudes were listening to His sermon. Part of His sermon was about correcting their attitude of worry or anxiety (Matthew 6:25-30). Some of the crowds were true believers of Jesus, some were curious if He was the Messiah, some were looking for miracles, some just wanted to be entertained, some wanted to make Him king to call for rebellion against Rome, and some were trying to find any wrong or false in Him so they can accuse Him of blasphemy and sentence Him to the death penalty. However, the sermons of Jesus were totally different and spiritually revolutionary in the hearing of many. Jesus wanted them to be perfect as the heavenly Father is perfect (Matthew 5:48). To be perfect in seeking God, obeying God, loving God and serving God alone. In short, to be perfect does not mean to be perfectly sinless but to be faithful and true in our obedience to God and His words. To be perfect is to follow God with perseverance, holding and abiding fast till death or His return again. Jesus started the verse 25 with a clear command, do not worry about your life here on earth. We know Jesus was correcting the hearts and minds of the people and rebuking the false teachings and corruption of the self-righteous Pharisees. These religious people who called themselves servants of God were corrupt inside out. Jesus started with a statement in **verse 25 “For this reason I say to you, do not be worried about your life.**

“For this reason” statement, as many Bible scholars see this as an important conjunction or sign which means there is a reason why Christians must not and should not worry. The reason is God revealed Himself to us in the scriptures so His chosen church will not worry and doubt His provision and providence today and in the future. We have a God in heaven who is All-Knowing, All-Powerful, Omniscient and Maker and Owner of heaven and earth. That is why Jesus commanded, **“I say to you do not be worried about your life.”**

“**I say to you**” is a strong statement from Jesus that the hearers should pay attention now and listen attentively with importance. Jesus wanted us to know this is the truth and trustworthy words to listen to and obey. Jesus commanded His hearers like you and me not to worry. “**Do not be worried about your life.**” Stop worrying about something or something that will cause you to make wrong decisions in life and sin. Stop being distracted by the worries of life. If we worry, it makes us spiritually immature, weak, and may fall into sin. If we are commanded not to worry about our lives here on earth, we should put our faith and trust in God and His word without compromise. The opposite of worry is a continual trust in Him and His providence. To worry or to be anxious is antithetical to faith or pistis. So they cannot come together, work or live together in our Christian walk and life. Both should be separated. A true disciple of Christ knows how to stop or cease being anxious about life and the future. A true disciple of Christ knows how to affect others negatively. If we know we are partnering with worries it should be stopped and repent right away.

To worry in Greek is merimnao. The literal meaning is to strangle or to choke (John MacArthur Commentary on Matthew 6). If you are anxious or worried about taking care of your life and misfortunes, you are choking and strangling your faith in God. Worry and anxiety are winning the battle of your choked Christianity. It hampers our faith maturity and spiritual growth. It destroys and dilutes the genuineness of our saving faith. By implication, we are saying God is not enough or sufficient enough to meet our daily needs. Do not choke or strangle yourself from the worries of life. The lack of faith is not a good character or an attitude to demonstrate to God, family and church. We cannot say we believe and love God and worry so much that we cannot find God anymore because of the choking worries of life. To over care worries is a sign that we have an unbelieving heart.

To worry is a sin. Worrying about our life future is to make people worry and commit sin. To worry is a show of lack of faith. It is also a form of idolatry, wickedness and witchcraft. Therefore, it is evil and demonic. It is unwise to live a life of worries. The unbelieving people careers the life of worries. They master worries and have Ph.Ds in worries. Worry is not a gift from God. It is not a spiritual gift. One preacher said, “Worry is a gift you need to possess.” This kind of teaching is erroneous and should be rejected. **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 comprehension, will guard your hearts and your minds in Christ Jesus.” (NASB 1994). **1 Peter 4:6-7**, Therefore humble yourselves under the mighty hand of God, that He may exalt you at the proper time, casting all your anxiety on Him because He cares for you. (NASB 1994)

If we are chosen by God to be His own people and saved by His grace, we have no reason to worry about life. We should not worry and doubt His love and capability to provide for our needs and to give us His favour according to His perfect will. God is our provider, Lord and Saviour, Master and Owner of heaven and earth. Therefore, do not be worried about life. . .