

# Worry

1. Worry is a mental attitude sin (MAS) in which there is mental torment – torment of soul regarding anything in life ([Genesis 15:1](#)). Some mental states, activities and situations associated with worry:
  - a painful state of mind
  - undue concern; apprehension, uncertainty
  - restlessness, anxiety
  - always anticipating the worst
  - trouble, misfortune, tragedy
2. Worry is a destroyer of the soul, not just a sin! Chronic worry will in time result in physical disorders (ulcers, hives, etc.) and eventually mental illness (nervous breakdown, schizophrenia, dementia, etc.) Prov. 12:25: *"Heaviness in the heart of man maketh it stoop; but a good word maketh it glad."* Putting it another way, *"Worry in the heart weighs it down with pressure; but getting the Word makes it glad."*
3. Bad news makes people worry. [Jere. 49:23](#): *"Concerning Damascus, Hamath is confounded, and Arpad: for they have bad news: they are discouraged, there is worry by the sea, it cannot be calmed."* These people were facing an invasion – they were WORRYING! A hysterical people are always a conquered people.
4. Misplaced priorities can cause worry. [Luke 10:41](#): *"And Jesus answered and said unto her, 'Martha, Martha, you are bothered by so many things.'"*  Martha had been complaining about her sister Mary - Mary was attending Bible class and Martha felt that she had to stay home to cook and do the dishes. Now the Lord was not deemphasizing household priorities – He knew the importance of that responsibility – but He was emphasizing the higher priority of attending to His Word.
5. People cause worry. So often people are so worried about what other people are doing – or not doing. People worry about what other folks are involved in when those folks are not the least bit concerned themselves! Please notice: worriers have to have an object!! [Luke 10:39](#) Mary sat at Jesus' feet to learn! [Luke 10:40](#) *"Martha was cumbered about much serving."* Martha was saying, *"Sis will not help me!"* In Luke 10:41-42 Jesus told her, *"Martha, Martha, you are worried. . . One thing is needful: and Mary hath chosen that good part, which shall not be taken away from her."* She was getting spiritual food in her soul.

## Worry (Continued)

6. Prolonged worry becomes fear: [1 Sam 9:2-10:2](#).
7. Economic disaster or famine causes worry. Abram worried about the famine. Also read [Jer. 42:16](#), [Ezek. 4:15-17](#), and [12:18-19](#).
8. Sin causes worry and guilt ([Psa. 38:18](#), [Luke 12:29](#), [Rom. 14:23](#)). *"But he who doubts is condemned if he eats, because his eating is not from faith, and whatever is not from faith is sin."* NASB
9. Worry reveals a backslidden condition. [Isa. 57:11](#) *"Of whom were you worried and fearful when you lied and did not remember Me nor give Me a thought? Was I not silent even for a long time so you do not fear Me?"* NASB
10. Worry does not solve problems. [Matt. 6:25-34](#)
11. Worry makes Bible study impossible. [Matt. 13:22](#) *"He that also received seed among the thorns is he that heareth the word, and the care of this world and the deceitfulness of riches choke the word and he becometh unfruitful."*
12. Blessings from God include freedom from worry. [Jere. 17:7](#) *"Blessed is the man that trusteth in the Lord, and whose hope the Lord is."*
13. Worry is forbidden. [1 Sam. 17:47](#) *"The battle is the Lord's."* [Psa. 55:22](#) *"Cast your burdens upon the Lord"* [Phil. 4:6,7](#); [Isa. 26:4](#); [1 Pet. 5:7](#) *"Casting all your care upon Him, for He cares for you."*