

# **CARE OVER MUCH (WORRY)**

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## INTRODUCTION

Regardless of who you are from time to time you will have “care over much” or as we often refer to as worry. Nearly fifty years ago I was attending church in a small town in Missouri; we had a young preacher who attended Bible college during the week and was at home for the weekends. He was really strapped for money [I know he didn’t have much to live on because I was the treasurer] and his wife was always worrying about paying the bills. Of course he was all pumped up from hearing all the lectures in Bible college and he would tell her; “Freda, it is a sin to worry”. She would reply; “Roger, I am not worrying; I’m just concerned”. I wonder if many of us don’t try to excuse our worrying by saying we are only concerned.

Have you given any thought as to what it is that most often concerns people? The Bible gives us a hint of at least some of the things that people worry about. Jesus gives a lengthy lesson on the subject: (Matthew 6:25-34) *“Therefore I say unto you, Take no thought for your life, what ye shall eat, or what ye shall drink; nor yet for your body, what ye shall put on. Is not the life more than meat, and the body than raiment? <sup>26</sup>Behold the fowls of the air: for they sow not, neither do they reap, nor gather into barns; yet your heavenly Father feedeth them. Are ye not much better than they? <sup>27</sup>Which of you by taking thought can add one cubit unto his stature? <sup>28</sup>And why take ye thought for raiment? Consider the lilies of the field, how they grow; they toil not, neither do they spin: <sup>29</sup>And yet I say unto you, That even Solomon in all his glory was not arrayed like one of these. <sup>30</sup>Wherefore, if God so clothe the grass of the field, which to day is, and to morrow is cast into the oven, shall he not much more clothe you, O ye of little faith? <sup>31</sup>Therefore take no thought, saying, What shall we eat? or, What shall we drink? or, Wherewithal shall we be clothed? <sup>32</sup>(For after all these things do the Gentiles seek:) for your heavenly Father knoweth that ye have need of all these things. <sup>33</sup>But seek ye first the kingdom of God, and his righteousness; and all these things shall be added unto you. <sup>34</sup>Take therefore no thought for the morrow: for the morrow shall take thought for the things of itself. Sufficient unto the day is the evil thereof.”* Jesus begins by saying, “Take no thought for your life”. Let me first state that we cannot serve both God and mammon; any attempt to do so will end up in you loving one and hating the other and guess who most often becomes the recipient of hate.

We need to understand that Christ does not forbid us from working to earn money whereby we can support ourselves and our families. In fact the opposite is true: (2 Thessalonians 3:10) *“For even when we were with you, this we commanded you, that if any would not work, neither should he eat.”* Mankind is expected and required not only to serve the Lord they are also required to provide for themselves and their families. In fact anyone who will not provide “for his own house hath denied the faith: (1 Timothy 5:8) *“But if any provide not for his own, and specially for those of his own house, he hath denied the faith, and is worse than an infidel.”* And according to the inspired word he “is worse than an infidel”.

Jesus sums up his lesson on worry in verses thirty one through verse thirty three: (Matthew 6:31-33) *“Therefore take no thought, saying, What shall we eat? or, What*

*shall we drink? or, Wherewithal shall we be clothed?* <sup>32</sup>(For after all these things do the Gentiles seek:) for your heavenly Father knoweth that ye have need of all these things. <sup>33</sup>But seek ye first the kingdom of God, and his righteousness; and all these things shall be added unto you.” In verse thirty one Jesus names the things that most often cause you and I to worry. Jesus’ solution to this is that God is already aware of our needs and in verse twenty five he tells us not to even think about these things as our heavenly Father will supply our needs just the same as He does for the birds [verse twenty six]. To sum up his thoughts Jesus tells us where our priorities should be; we should first seek the “kingdom of God and His righteousness” [verse thirty three].

### **GOD'S PROVIDENTIAL GOODNESS SHOULD KEEP US FROM “CARE OVER MUCH”**

If there was ever a blessing that we receive from God that is ignored it would be the blessing of His “providential care” of us. If we are perfectly honest we will admit that we generally take credit for all of our good fortune. But as we have already touched upon the subject of God’s providential care I would like to expound upon this subject.

Again I will refer to the gospel according to Matthew chapter six. Look at verse twenty six: (Matthew 6:26) *“Behold the fowls of the air: for they sow not, neither do they reap, nor gather into barns; yet your heavenly Father feedeth them. Are ye not much better than they?”* Jesus directs their thoughts to the “birds of the air” which they had all seen and were aware of how God provided for them. Jesus was not referring to pets birds that are kept in cages in houses; rather he was referring to the wild birds of the air. Once these birds are able to fly they are not provided for by their own flocks or for by humans [although in rare cases humans will supply food for the wild birds]; but he is referring to wild birds that God provides for. Birds do not have barns or warehouses to store up their food; they depend upon God to supply for them. There is one thing that I would like to point out; even though God does supply food for the birds He does not put the food in their mouths, they must hunt or work for what they are to eat. Jesus also informs them that their “heavenly Father FEEDS them. He then asks them a question; “Are you not much better than they”. Of course they would answer “Yes”. Now if they thought themselves to be better than the birds of the air why not rely upon God to supply your needs?

Jesus then asked them why do you worry about what you are going to put on your backs? (Matthew 6:28) *“And why take ye thought for raiment? Consider the lilies of the field, how they grow; they toil not, neither do they spin:”* Having exposed their folly of worrying about what they were going to eat Jesus proceeds to show their vanity of worrying about raiment. Christ is not directing their thoughts towards flowers that are grown in gardens; instead he is directing their thoughts toward the wild flowers that grow in the fields. These wild flowers do not require any care from man they grow because God supplies everything they need [food from the earth, sunshine and rain]. Have you ever watched these wild flowers grow? Jesus reminds us that they do not toil, nor do they spin to make cloth; yet night and day it grows. Their beauty is unmatched: (Matthew

6:29) *“And yet I say unto you, That even Solomon in all his glory was not arrayed like one of these.”* If God so provides for these lilies of the field that will soon perish will He be unmindful of His children?

Do you have trust and faith in God to supply all of your daily needs? To worry about what you shall eat or what you shall wear is nothing else but a lack of faith. Sometimes we even see churches that do not have enough faith to take on a new work; not realizing that God will supply. I worked with one congregation that had not had any water in their baptistery for some time; I told the men that this was a lack of faith in the power of the gospel; this resulted in a good cleaning and filling of the baptistery. We must have trust and faith in God to supply all of our needs.

God’s promises should keep us from worrying; God has promised never to forsake us: (Hebrews 13:5) *“Let your conversation be without covetousness; and be content with such things as ye have: for he hath said, I will never leave thee, nor forsake thee.”* The problem that most of us have is that we are not “content” with what we have, we always want more and better things, we feel as though we must keep up with the Joneses [we need to realize that this is covetousness]. What more could anyone want than to know that God will never leave or forsake us? As we have already seen God will supply everything we need and to be aware that He will never forsake us should be enough to curb any worries. Where is your faith? Is it in self or is it in God?

## **TRUST IN GOD SHOULD FREE US FROM WORRY**

This is a lesson that can be learned from the Old Testament: (Jeremiah 17:7-8) *“Blessed is the man that trusteth in the LORD, and whose hope the LORD is. <sup>8</sup>For he shall be as a tree planted by the waters, and that spreadeth out her roots by the river, and shall not see when heat cometh, but her leaf shall be green; and shall not be careful in the year of drought, neither shall cease from yielding fruit.”* “Blessed [or happy] is the man that trusteth in the Lord”. Truer words have never been written. The man who trusts the Lord will be freed from worry. The Psalmist wrote this: (Psalms 2:12) *“Kiss the Son, lest he be angry, and ye perish from the way, when his wrath is kindled but a little. Blessed are all they that put their trust in him.”* But how does one come to “trust in him”? You must come to “know his name”: (Psalms 9:10) *“And they that know thy name will put their trust in thee: for thou, LORD, hast not forsaken them that seek thee.”* The only way that the name of the Lord can be learned is through His written word; I might add that the more you learn about the Lord the more you will trust Him and the happier you will be. As Jeremiah wrote anyone who trust in the Lord is like “a tree planted by the waters”. We have all seen a tree that grows on the river banks; others trees may be withering for lack of water but the trees growing by the river will be lush and green because they have a constant supply of water. One who trusts in the Lord is one that is planted in Christ; in the likeness of his death and resurrection. This planting is done through the engrafted word: (James 1:21) *“Wherefore lay apart all filthiness and*

*superfluity of naughtiness, and receive with meekness the engrafted word, which is able to save your souls.*” This is the key to knowing the Lord and trusting in Him.

The Bible tells of three men who placed their complete trust in the Lord: (Daniel 3:16-18) “*Shadrach, Meshach, and Abednego, answered and said to the king, O Nebuchadnezzar, we are not careful to answer thee in this matter. <sup>17</sup>If it be so, our God whom we serve is able to deliver us from the burning fiery furnace, and he will deliver us out of thine hand, O king. <sup>18</sup>But if not, be it known unto thee, O king, that we will not serve thy gods, nor worship the golden image which thou hast set up.*” This is the kind of trust that we must have in order to be free from worry.

## **CAST YOUR CARES UPON GOD**

Why would anyone want to be burdened down with worries when God is willing to handle them for us? (Psalms 37:5) “*Commit thy way unto the LORD; trust also in him; and he shall bring it to pass.*” By trusting in the Lord our minds will be eased because He sympathizes with His people, He will support you and bring you through your difficulties. This is what David did; he cried to the Lord: (Psalms 55:2) “*Attend unto me, and hear me: I mourn in my complaint, and make a noise;*” David asked God to take care of him and so should we instead of trying to take care of our troubles and woes by our self; cast your cares upon God and He will see you through your troubles and woes.

If your works are natural, civil or of a religious nature cast your cares upon God: (Proverbs 16:3) “*Commit thy works unto the LORD, and thy thoughts shall be established.*” Go to God for strength and assistance and leave your success up to Him. When you have faith and trust in the Lord and you cast all your cares upon Him your mind will be eased; allow the will of God to be carried out in your life. We know that God causes all things to work together for good to those who love God: (Romans 8:28) “*And we know that all things work together for good to them that love God, to them who are the called according to his purpose.*” Be assured if what you are doing is for His good and His glory it shall be brought to pass.

The apostle Peter tells us to “cast all our cares upon Him”: (1 Peter 5:7) “*Casting all your care upon him; for he careth for you.*” This is much the same thought that can be found in the book of Psalms: (Psalms 55:22) “*Cast thy burden upon the LORD, and he shall sustain thee: he shall never suffer the righteous to be moved.*” But Peter gives us the assurance that the Lord cares for us; He loves us and is concerned with our well being. God is greatly concerned with the well being of our souls and the well being of our eternal lives because He cares for us. God cares about our concerns in life, for our food and raiment nor will He withhold any good things from us; we can have confidence that God will never forsake us, therefore do not hesitate to cast your cares upon the Lord.

## **WORRYING IS AN OBSTRUCTION TO THE GOSPEL**

In a parable Jesus taught that the “cares of this world” will cause you to be “unfruitful”: (Matthew 13:22) “*He also that 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.*” It must be understood that those whom Jesus is referring to are people who have heard the word; they did not rebel against it; but seem to accept the truth. Neither are they persecutors of believers; rather they are people who allow “the cares of this world” to get the best of them. These cares become thorns to them and lead them away from their first love. This is what happened to the church at Ephesus: (Revelation 2:4) *“Nevertheless I have somewhat against thee, because thou hast left thy first love.”* What will become of those who allow cares of this world to overcome them. Unless they repent their fate will be the same as those of Ephesus: (Revelation 2:5) *“Remember therefore from whence thou art fallen, and repent, and do the first works; or else I will come unto thee quickly, and will remove thy candlestick out of his place, except thou repent.”* When we allow ourselves to be overcome with the “cares of this world” we will soon forget the well being of our souls to say nothing about the souls of others; resulting in a failure to tell others about the gospel. Riches promise to make us happy; but this is a promise that is never kept; the only thing that riches are able to provide is misery. The more we have, the more we want; riches never truly satisfy. Along with riches comes the temptation to be dishonest, to cheat and wrong others. Every evil passion is therefore cherished by the love of gain; and it is no wonder that the word is choked, and every good feeling destroyed.

### **ADVISED TO BE WITHOUT CARES**

Paul uses the example of a married man to show the danger of worrying: (1 Corinthians 7:32) *“But I would have you without carefulness. He that is unmarried careth for the things that belong to the Lord, how he may please the Lord:”* The word “carefulness” might confuse us so I will give Strong’s definition: “a negative particle; meaning *not anxious*: - without care (-fulness), secure.” Paul’s advice to them was that he desired that their lives would be such as would leave them without carefulness. If this advice was followed they would not be bothered by anything that would take their minds and thoughts off of God’s business. Their thoughts and concerns would be directed to “things that belong to the Lord” or things of religion. In other words their attention would not be distracted by the cares of this life. If this advice is followed his chief thoughts will be on the advancement of the Redeemer and his kingdom.

Paul’s own example shows that this was the life that he preferred; however, this advice should not be considered as a commandment for celibacy. If this is considered as a commandment for celibacy then another commandment given by God at creation would be ignored: (Genesis 1:28) *“And God blessed them, and God said unto them, Be fruitful, and multiply, and replenish the earth, and subdue it: and have dominion over the fish of the sea, and over the fowl of the air, and over every living thing that moveth upon the earth.”* If every man were to take this advice literally God’s creation of man would slowly but surely disappear.

Our Lord goes beyond giving advice he even warns against worrying: (Luke 21:34) *“And take heed to yourselves, lest at any time your hearts be overcharged with*

*surfeiting, and drunkenness, and cares of this life, and so that day come upon you un-awares.*” This verse begins with Jesus saying “take heed”; by this Jesus is saying be on guard or watch out for your soul. Excessive drinking [I.e. drinking of alcohol] will make the mind dull and unfit for spiritual and religious exercises. If a person becomes drunk how much time will he spend in reading, meditation and prayer? To this warning Jesus adds that we should not be “overcharged” with “cares of this life”. The word “overcharged” literally means to be made heavy with too much eating or drinking. Too often we find ourselves worrying about what we shall eat or what we shall wear; is this not being anxious over worldly things? We must be aware of what the dangers are. If we worry about worldly things there is a great danger that “that day will come upon us un-awares”. This my friend would be very tragic. Do you recall how it was in the days of Noah? Were not the people eating, drinking and being merry? When the flood came how many had taken the advice of Noah and prepared for that day. You and I must be prepared for the return of Jesus: (2 Thessalonians 1:7-10) *“And to you who are troubled rest with us, when the Lord Jesus shall be revealed from heaven with his mighty angels, <sup>8</sup>In flaming fire taking vengeance on them that know not God, and that obey not the gospel of our Lord Jesus Christ: <sup>9</sup>Who shall be punished with everlasting destruction from the presence of the Lord, and from the glory of his power; <sup>10</sup>When he shall come to be glorified in his saints, and to be admired in all them that believe (because our testimony among you was believed) in that day.”*

## **WORRYING IS UNBECOMING TO SAINTS**

Writing to Timothy Paul uses the example of a soldier to teach that we should not be overtaken with cares: (2 Timothy 2:4) *“No man that warreth entangleth himself with the affairs of this life; that he may please him who hath chosen him to be a soldier.”* A good soldier gives himself fully to his or her to their military service. Worrying about other things distracts their attention; not only will they place themselves in danger in the heat of the battle they also endanger the lives of their comrades. This application may also be applied to spiritual matters; if we don’t apply ourselves fully to the spiritual war that we are battling we place our souls in danger as well as the souls of our comrades. When Paul wrote this everyone was well aware of how the Roman soldier was fully dedicated to his duties. Christ expects no less of us.

## **THE USELESSNESS OF WORRY**

How many would like to be taller than you are? Basketball players all desire to be tall. But there is nothing that they can do to add even a cubit to their stature: (Matthew 6:27) *“Which of you by taking thought can add one cubit unto his stature?”* What you are is what you will be; it is useless to worry about it. Just as Christ had argued before about the uselessness of being anxious about the provisions of life here he speaks of the uselessness of a person to worry about how tall he is. In the gospel accord-

ing to Luke Jesus adds to this thought: (Luke 12:25-26) *“And which of you with taking thought can add to his stature one cubit? <sup>26</sup>If ye then be not able to do that thing which is least, why take ye thought for the rest?”* Regardless of how short you may be you cannot add a single “cubit” to your stature. He infers in verse twenty six that since you are “not able to do that which is least” why do you worry about the “rest”. Women of today are wearing very high heels; I even know of a preacher who is very short who always wears boots with built up soles and heels. This may appear to make them taller than they really are; but in reality they are not adding anything to their stature. It is useless to worry about such things. God can use you regardless of your height!

The Psalmist declares it is vanity to worry: (Psalms 39:6) *“Surely every man walketh in a vain show: surely they are disquieted in vain: he heapeth up riches, and knoweth not who shall gather them.”* It is vanity of “every man” that “heaps up riches” because he cannot be sure of what will happen to that which he has heaped up. Someone may come along and steal everything he has or when he dies he cannot say for certain what will happen to his riches; as has often been said, “You can’t take it with you”. Gill says this: *“the metaphor seems to be taken from a man that has been plowing and sowing, and reaping and laying up the increase of the field in heaps, and yet knows not who shall gather it into the barn, seeing he may die before it is gathered in.”* This reminds me of a parable spoken by Jesus: (Luke 12:15-21) *“And he said unto them, Take heed, and beware of covetousness: for a man’s life consisteth not in the abundance of the things which he possesseth. <sup>16</sup>And he spake a parable unto them, saying, The ground of a certain rich man brought forth plentifully: <sup>17</sup>And he thought within himself, saying, What shall I do, because I have no room where to bestow my fruits? <sup>18</sup>And he said, This will I do: I will pull down my barns, and build greater; and there will I bestow all my fruits and my goods. <sup>19</sup>And I will say to my soul, Soul, thou hast much goods laid up for many years; take thine ease, eat, drink, and be merry. <sup>20</sup>But God said unto him, Thou fool, this night thy soul shall be required of thee: then whose shall those things be, which thou hast provided? <sup>21</sup>So is he that layeth up treasure for himself, and is not rich toward God.”* We don’t have a promise that we will live to see another sunrise; nor do we know that Jesus won’t return before this day ends.

The wise man Solomon also speaks of a warning about worrying and he declares it is vanity: (Ecclesiastes 4:8) *“There is one alone, and there is not a second; yea, he hath neither child nor brother: yet is there no end of all his labour; neither is his eye satisfied with riches; neither saith he, For whom do I labour, and bereave my soul of good? This is also vanity, yea, it is a sore travail.”* Work as much and as hard as you can to store up everything you reap and you are still not satisfied. I am not suggesting that you should not work and save for a rainy day but we should not allow ourselves to be over concerned with such things.

## SENT AS A PUNISHMENT TO THE WICKED

In the book of Ezekiel we find an example of God sending punishment to the wicked: (Ezekiel 4:9-17) *“Take thou also unto thee wheat, and barley, and beans, and lentiles, and millet, and fitches, and put them in one vessel, and make thee bread thereof, according to the number of the days that thou shalt lie upon thy side, three hundred and ninety days shalt thou eat thereof. <sup>10</sup>And thy meat which thou shalt eat shall be by weight, twenty shekels a day: from time to time shalt thou eat it. <sup>11</sup>Thou shalt drink also water by measure, the sixth part of an hin: from time to time shalt thou drink. <sup>12</sup>And thou shalt eat it as barley cakes, and thou shalt bake it with dung that cometh out of man, in their sight. <sup>13</sup>And the LORD said, Even thus shall the children of Israel eat their defiled bread among the Gentiles, whither I will drive them. <sup>14</sup>Then said I, Ah Lord GOD! behold, my soul hath not been polluted: for from my youth up even till now have I not eaten of that which dieth of itself, or is torn in pieces; neither came there abominable flesh into my mouth. <sup>15</sup>Then he said unto me, Lo, I have given thee cow’s dung for man’s dung, and thou shalt prepare thy bread therewith. <sup>16</sup>Moreover he said unto me, Son of man, behold, I will break the staff of bread in Jerusalem: and they shall eat bread by weight, and with care; and they shall drink water by measure, and with astonishment: <sup>17</sup>That they may want bread and water, and be astonished one with another, and consume away for their iniquity.”* Chapter four of Ezekiel is a prophecy of the siege of Jerusalem and the famine that attended it. The chapter concludes by telling of a very severe famine that will be brought upon by the Lord because of their iniquity: (Ezekiel 4:16) *“Moreover he said unto me, Son of man, behold, I will break the staff of bread in Jerusalem: and they shall eat bread by weight, and with care; and they shall drink water by measure, and with astonishment:”* The prophet was to eat by measure and to drink by measure; this was to be the same famine the people would suffer at the time of the siege. God was going to take away the bread which was the staff of life to them. What little they did have to eat would not satisfy them: (Leviticus 26:26) *“And when I have broken the staff of your bread, ten women shall bake your bread in one oven, and they shall deliver you your bread again by weight: and ye shall eat, and not be satisfied.”* As they did not know how long the siege might last they measured out their bread each day so that they might have some left for tomorrow. And the same was true with their water. This was brought about because of their iniquity; sin does have great consequences, but be forewarned the greatest punishment for sin will come at the Judgment.

The Lord instructed Ezekiel to warn the people: (Ezekiel 12:17-20) *“Moreover the word of the LORD came to me, saying, <sup>18</sup>Son of man, eat thy bread with quaking, and drink thy water with trembling and with carefulness; <sup>19</sup>And say unto the people of the land, Thus saith the Lord GOD of the inhabitants of Jerusalem, and of the land of Israel; They shall eat their bread with carefulness, and drink their water with astonishment, that her land may be desolate from all that is therein, because of the violence of all them that dwell therein. <sup>20</sup>And the cities that are inhabited shall be laid waste, and the land shall be desolate; and ye shall know that I am the LORD.”* Verse twenty in-

forms that not only would there be a shortage of bread and water but also their cities would “be laid waste”. Notice that it says “cities” so it included more than just the city of Jerusalem; it included all the surrounding cities. I am sure that there are some who probably think that God was too harsh in this punishment; but God did have a good reason for this, He wanted them to come to know that He was the Lord. Don’t you think that many of those who had previously sinned repented and turned back to the Lord? If this is true God’s plan was successful. God has given you and I warning concerning the Judgment and the punishment that awaits those who will not repent; it is my prayer that sinners will heed this warning.

### **BIBLICAL EXAMPLES OF CARE OVER MUCH**

Perhaps the most well known example is that of a woman by the name of Martha; while Jesus was upon this earth he did have friends and two of his friends were Mary and Martha. There was a time when he was visiting them in their home: (Luke 10:38-42) *“Now it came to pass, as they went, that he entered into a certain village: and a certain woman named Martha received him into her house. <sup>39</sup>And she had a sister called Mary, which also sat at Jesus’ feet, and heard his word. <sup>40</sup>But Martha was cumbered about much serving, and came to him, and said, Lord, dost thou not care that my sister hath left me to serve alone? bid her therefore that she help me. <sup>41</sup>And Jesus answered and said unto her, Martha, Martha, thou art careful and troubled about many things: <sup>42</sup>But one thing is needful: and Mary hath chosen that good part, which shall not be taken away from her.”* Jesus and his disciples had been to Jerusalem for the feast of the tabernacle and as they were traveling from Jerusalem they entered into a certain village, this village or city was Bethany [John 10:18]. It would appear that Martha was the owner of the house; some believe that she was a widow, but we do know for a fact that her sister Mary and her brother Lazarus lived with her. It can be assumed that both Martha and Mary were disciples of Jesus because Martha received Jesus into her house in a very courteous manner and why else would Jesus go to her home if they were not his friends. It would appear that as soon as Jesus entered the house he began to preach or teach since Jesus was always concerned with the souls of everyone he met up with. As soon as Jesus began to teach Mary sat at his feet to absorb everything he taught. However, Martha was concerned with being a good hostess and busied herself with preparing something to eat. Whether Martha was busy preparing a feast herself or was busy overseeing servants cannot be determined from the scriptures; but one thing is certain she was distracted from Jesus’ teaching. In verse forty Martha comes to Jesus and asks; “don’t you even care that Mary has left me to do all the serving, tell her to get up and help me.” I wonder if Jesus reply surprised her. Here is what Jesus told her: (Luke 10:41-42) *“And Jesus answered and said unto her, Martha, Martha, thou art careful and troubled about many things: <sup>42</sup>But one thing is needful: and Mary hath chosen that good part, which shall not be taken away from her.”* I find it interesting that Jesus spoke

Martha's name twice; was this not of itself a form of rebuke? Instead of joining Martha in her rebuke of Mary Jesus reproves Martha by saying you are over anxious about things that are of little importance, you are going to too much trouble. In verse forty two Jesus said "but one thing is needful"; some writers have suggested that Jesus was saying you are preparing too much, only one dish is needed. They have totally missed the point that Jesus was making; the "one thing needful" was to hear the gospel and that is still the most thing needful yet today.

It used to be a big thing for families to have the preacher and his family for a meal on Sunday [not so true today]. I have actually known women who would leave before the sermon in order to go home to prepare a meal. They should have been named Martha! One thing that I learn from this example is that we often worry about little things that are not important and neglect that which is important; yes I am referring to our souls as being the most important concern that we shall ever have.

Another good example of being too worried is found in the ninth chapter of the gospel of Luke; here we find a man who desired to be a disciple of Christ; (Luke 9:57-62) "*And it came to pass, that, as they went in the way, a certain man said unto him, Lord, I will follow thee whithersoever thou goest.*"<sup>58</sup> *And Jesus said unto him, Foxes have holes, and birds of the air have nests; but the Son of man hath not where to lay his head.*"<sup>59</sup> *And he said unto another, Follow me. But he said, Lord, suffer me first to go and bury my father.*"<sup>60</sup> *Jesus said unto him, Let the dead bury their dead: but go thou and preach the kingdom of God.* It seems as though this man had good intentions as he declares he would follow Jesus anyplace that he led. It does take great dedication to follow Jesus anyplace he leads and as we learn this man did not possess such dedication. His statement that he would follow Christ wherever he went must be the determination of everyone who wants to be a disciple of Christ. We must be willing to follow Jesus regardless of where discipleship leads; even if it be to prison or death we must follow where ever he leads. We must follow the Lamb where ever he goes: (Revelation 14:4) "*These are they which were not defiled with women; for they are virgins. These are they which follow the Lamb whithersoever he goeth. These were redeemed from among men, being the firstfruits unto God and to the Lamb.*" Jesus gives this man an answer that he must be aware of; he was not to expect great things of the world, but be prepared not to have a permanent dwelling place. He would not even have the security that foxes and birds enjoy. When you and I become disciples we must be determined to suffer many tribulations and take up our cross and follow Jesus: (Matthew 16:24) "*Then said Jesus unto his disciples, If any man will come after me, let him deny himself, and take up his cross, and follow me.*" This man seems to be extremely anxious to follow Jesus; but he was too rash, not weighing the cost of discipleship. Upon hearing Jesus' answer this man began to make excuses as to why he was not willing to follow Jesus "whithersoever thou goest".

Then we have the case of another man who had evidently heard Jesus give his invitation "follow me". He stepped forward and said: (Luke 9:61) "*And another also said, Lord, I will follow thee; but let me first go bid them farewell, which are at home at*

*my house.*” This man seems resolved to follow Jesus but he begs for a day or so to go home and tell his friends and family goodbye. Perhaps his parents were aged and he thought this might be the last chance he would have to see them alive. His excuse was allow me to go “bid farewell” to those at my home then I will be willing to follow you. In every case of conversion everyone who obeyed the gospel did so after hearing only one sermon; there was no hesitation, no waiting until you could go to a funeral or going to say goodbye to friends and family. If you are determined to become a disciple of Jesus you must be willing to follow him wherever he leads; do not delay until tomorrow, do it now!

## CONCLUSION

Some people never seem to be satisfied unless they are worrying about something; often times it is something that is of little importance or something that they have no control over. Do you know that in the King James Version of the Bible that the words “worry” or “worries” cannot be found? Shouldn’t this tell us something? God wants us to depend on Him: (1 Peter 5:7) *“Casting all your care upon him; for he careth for you.”* God does care for you and He will take care of you and all your needs if you trust and have faith.

I am well aware that once you become a parent you will begin to worry. Your worries may begin even before you child is born; will she or he be healthy and normal, will they do well in school, will they be successful in life or will they be Christians. I also know from experience that parents do not stop worrying about their children once they have married. The only solution is to give your children the best teaching of the gospel possible and then leave it up to God. It is very difficult not to worry about our children because we love them and want the best for them. I suppose we wouldn’t be very good parents if we had little or no concern for their well being. But God will help us to overcome our concern if we will only “cast all our care upon him”.

This has been an effort to help you to not to “care over much”; I am aware that it is a difficult task but if we don’t overcome worry we cannot be as good a disciple and the Lord would have us to be. Don’t you want to be the best Christian that you can be?

As I write this in the month of June, 2009 times are hard; many, many have lost their jobs and a great number of families have lost their homes; therefore in the world [it is not just our nation] a lot of people are overwhelmed with worries. I don’t have a sure fire solution to their problems; the only good advice I can give is to advise you to look beyond the day and to look toward heaven and what awaits you there. If you think about that place that Jesus has gone to prepare for you our minds will be eased of today’s needs. If we can train our thoughts to look to the future the present won’t look so bleak. Trust in the Lord and He will see you through all of your troubles.