

**The Most Excellent Way, First Baptist Church, Panama City**

# **“Overcoming Worry and Fear”**

**Part 1 - “Worry Revealed”**

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## Part 1 - "Worry Revealed"

When a person enters a relationship with God by trusting Jesus Christ as their Savior, in most cases, they have no concept of the Christian life by knowledge and practice. The term "born again" is not only a Biblical experience; it also speaks of the new believer's practical experience. When we are saved, we are ignorant concerning the provisions of God that help us to experience the "abundant life" that we read of in **John 10:10**.

Many times, in the life of the new believer they begin to drag their habits from their old life into their new life and one of those common habits is worry. Sadly, worry may be as common for the believer as it is for the non-believer. It can be as habitual and destructive as anything else and it can affect every area of our lives.

What do people who worry, worry about? We might answer that by saying "anything and everything." They can worry about how they are going to get money. They worry about how they are going to keep their money. They worry about how they are going to spend their money. They worry about things that they have. They worry about things that they do not have. They worry about what they may have said, and what they may have failed to say. They worry about what they have done and what they have failed to do. They worry about their health, while they are healthy and when they are not healthy. They worry about their families. They worry about bad news and still find something to worry about in the good news. They worry about things that are bad and sometimes worry about a great deal of things that are purely imaginary and never take place at all. We could go on and on but worry is real, worry is common, worry is harmful, and worry needs to go.

In this study we will learn from Biblical examples of the affects of worry and see how they played out in the lives of various people. We will also look at the cure for worry as it is laid out for us in detail so that we can apply the Word of God to our situations and experience the freedom to walk in the peace of God.

### "Worry Revealed"

**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. 39 And she had a sister called Mary, which also sat at Jesus' feet, and heard his word. 40 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. 41 And Jesus**

answered and said unto her, Martha, Martha, thou art careful and troubled about many things: 42 But one thing is needful: and Mary hath chosen that good part, which shall not be taken away from her.

**1. Vs. 38 - What Martha did.** Now it came to pass, as they went, that he entered into a certain village: and a certain woman named Martha received (to receive as a guest) him into her house.

We can be confident that her motives were right. Martha wanted to be a blessing to Jesus and her plan to do so was to invite Him to be the guest at their home. In other words, there was nothing wrong with what Martha was doing but as it unfolded her assumption of the way that she thought it would play out was mistaken.

It may appear that Martha was a "doer." She saw herself as having to be busy to be productive. As we see this story unfold, we will see that although Martha may have had the right motives, she is distracted by things that divided her attention.

**2. Vs. 39 What Mary did.** And she had a sister called Mary, which also sat at Jesus' feet, and heard his word.

There is an obvious transition that is taking place. It appears that sometime between His arrival and this description Jesus began to instruct the people who were in the house.

What we can learn about Mary:

- Her humility....**which also sat at Jesus feet.**
- Her choice and focus.....**and heard His word.**

**John 5:24 - Verily, verily, I say unto you, He that heareth my word, and believeth on him that sent me, hath everlasting life, and shall not come into condemnation; but is passed from death unto life.**

**John 8:31 - Then said Jesus to those Jews which believed on him, If ye continue in my word, then are ye my disciples indeed;**

**John 15:3 - Now ye are clean through the word which I have spoken unto you.**

**John 6:63 - It is the spirit that quickeneth; the flesh profiteth nothing: the words that I speak unto you, they are spirit, and they are life.**

**Psalms 119:105 - Thy word is a lamp unto my feet, and a light unto my path.**

This verse says that Mary "heard His word". There is so much that can be said about that one small phrase. "Thy word is a lamp unto my feet and a light unto my path". God's word reveals to us the truth about God and the truth about us, that which otherwise we could not know. There is no other resource that can best teach us about God and about ourselves. It reveals to us what is wrong with us and how to make it right. It makes our crooked path straight and teaches us how to walk in it. It satisfies our hunger and thirst on the inside and it governs our steps from without. It should direct our thought life and our conversations privately and publically and it truly will be, if we choose the light that people see in order that they might glorify God. Although the world is the enemy of the word of God, the world would be an unimaginable place without it. Mary did indeed choose a good thing to do.

Notice that the things that we will see Martha most concerned about did not concern Mary because she had a greater concern for something far more important "at that moment." In other words, she seized the opportunity that was presented to her to sit and hear the word of God.

### **1 Samuel 3:1-11**

Vs. 1 we see the condition of that day....unlike the condition of our day.

Vs. 10 we see the condition of Samuel's heart.....he was not only willing to hear, he was eager to hear.

Mary placed herself in the right place at the right time to hear from THE Word of God and she did so by her own choosing.

### **The Application:**

- Reflect on your average week and see if there are times that you are setting aside to spend in God's word; corporately and privately.
- Of the things that you think of the most where does God's word fall on that list?
- If you need to, what steps can you take to make God's word a greater priority?

**3. Vs. 40 - What Martha said. But Martha was cumbered (to be distracted) 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.**

How did Martha respond to what Mary was doing?

- Distracted, yet busy.....**about much serving.**

Being busy can be a distraction. Always resist the temptation to do good to justify not doing right. Just because we are busy, it does not always mean that we are productive. Time very well could be the most wasted thing in life. Martha thought what she was doing, that was not that bad, was the best thing that she could have done at that time and sadly she was wrong. Being busy caused her distraction from something more important that could have lessened her worry.

**1 Samuel 15:22 - And Samuel said, Hath the LORD as great delight in burnt offerings and sacrifices, as in obeying the voice of the LORD? Behold, to obey is better than sacrifice, and to hearken (be attentive, listen) than the fat of rams.**

- Accusing, yet wrong.....**dost thou not care?**

There are few things that speak more to the grace, mercy, and patience of Jesus than when we hear an accusation like this and then hear His response. Jesus was accused of the same thing by His disciples when they were in the storm while He was fast asleep in the back of the boat (**Mark 4:38**). There has never and will never be a time when Jesus can be accused of not caring and be found guilty; but that is what your adversary the devil would have you to consider. If he talked Martha into it, he would like to talk us into it as well.

- Insistent, yet selfish.....**bid her therefore that she help me.**

**Colossians 3:22 - Servants, obey in all things your masters according to the flesh; not with eyeservice, as menpleasers; but in singleness of heart, fearing God:**

#### **The Application:**

- It appears that her response wasn't about Mary at all.....it appears to be all about her.
- We see here the importance of a biblical perspective...Martha had no proof of her accusations.

- We see the danger and pattern of thinking that everyone else is the problem when it might be us.
- If Satan can convince us that God IS the problem than he can convince us to not go to God WITH the problem!!

**4. Vs. 41,42 - What Jesus said. And Jesus answered and said unto her, Martha, Martha, thou art *careful (anxious) and troubled (disturbed, disquieted)* about many things: 42 But one thing is *needful (necessity)*: and Mary hath chosen that good part, which shall not be taken away from her.**

It is interesting how Jesus describes Martha; He said that she is “**careful and troubled**” about MANY things. He was saying that her problem was not just concerning what was happening now, but all the many other things that were troubling her. It appears that the “many things” had reached a tipping point during this one thing. Martha was carrying a load of care beyond this moment and when opportunity and weakness met at the same time it revealed itself in her behavior. Whenever we are careful and troubled about many things it will always show up in a few other things.

**Matthew 6:34 - 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.**

That was Martha’s problem, but what was Mary’s commendation or approval?..... **But one thing is *needful (necessity)*: and Mary hath chosen that good part, which shall not be taken away from her.**

#### **The Application:**

- Spend time making a list of things that you tend to worry about and make that list your prayer list.
- Consider how much time and energy you spend worrying and you will begin to see how counterproductive it is.
- Worry does not change anything, but me and the change is not good.
- If you struggle with worry, share your struggle with someone you can trust and someone who cares.
- When we are not “busy” it does not mean that we are not being productive.