

**Worrying Is Worthless**  
*Presented by Mary Lowman*  
Air Dates: March 3 – 7, 2025

**Day One**

What is the most useless and unproductive thing most of us do very often? I would say the most worthless thing we do is worry! And yet, I ask you, how many days go by you don't worry about something? It just seems to be the place our thoughts go to when we experience any level of uncertainty or fear or lack of control.

Jesus fully understood our propensity to worry, and he addressed it strongly in his Sermon on the Mount. From Matthew 6 we read:

*Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more important than food, and the body more important than clothes. Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they? Who of you by worrying can add a single hour to his life? And why do you worry about clothes? See how the lilies of the field grow. They do not labor or spin. Yet I tell you that not even Solomon in all his splendor was dressed like one of these...So do not worry, saying, "What shall we eat?" or "What shall we drink?" or "What shall we wear?" For...your heavenly Father knows that you need them. But seek first his kingdom and his righteousness, and all these things will be given to you as well. Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own (Matthew 6:25-34).*

In this sermon Jesus gave us three reasons not to worry.

1. First, if you are a born-again Christian, you should not worry because of who you are! Jesus said God takes care of little birds, and even though they are not capable of taking care of their need for food, he provides food for them. And Jesus asks, "Are you not more valuable than they?"

Are you more valuable to God than little birds? Surely the knowledge of how much God loves you, how deeply he cares for you should cause you to stop worrying. After all, our Heavenly Father is sovereign over everything and everyone in your life; he is always in control, and because you are his child, he has pledged to take care of your needs. That's the first reason you should not worry—because you are a child of God, and he never leaves you or forsakes you.

**Day Two**

What is it right now you are worrying about? I'm reminding you—and me—of how useless and worthless it is to worry, as Jesus clearly told us in Matthew 6. Whatever you are worrying about at this moment is a total waste of time.

Jesus gave us three reasons not to worry. First, we should not worry because of who we are—we are far more valuable than the birds, and God takes care of the birds. As believers in Jesus Christ, we are protected by our Heavenly Father, and he provides for our needs. Nothing happens to us outside of his

permissive will, and he is totally in control of our days. And because of who we are, we should not worry.

A second reason Jesus tells us not to worry is that it just simply does no good whatsoever. Jesus said, *who of you by worrying can add a single hour to his life?* Worrying is totally worthless. It never produces any good results, but instead it causes us to lose our peace, to lose our joy, to waste our energy. Do you know how much energy it takes to worry? You are spending lots of emotional and mental energy when you're in worry mode—and has it ever done you one bit of good? No, of course not. Worrying is worthless! That's a really good reason for any sensible person to refuse to worry.

Then Jesus gives us another strong reason not to worry.

*For the pagans run after all these things, and your heavenly Father knows that you need them (Matthew 6:32).*

All these things Jesus refers to include what you eat, what you drink, and what you wear. Jesus told his disciples that those who are not believers are always worrying about these things.

Isn't it true most people around you are worrying? Just think about the conversations you have with people, particularly people who are not yet believers in Jesus Christ. You'll observe they are worrying a lot. If those of us who are disciples of Jesus Christ worry just like everyone else, what kind of testimony is that?

If you are a real worrier, you can be sure people know it because you talk about it, it shows on your face and body language, and it's not particularly attractive. Do an honest assessment of yourself: Are you prone to worry too much? According to Jesus, any worry is too much. He told us not to worry so when you do, you are disobeying him, right? Worrying is evidence you're not trusting Jesus in that particular situation. And it's not a good testimony for the difference Jesus makes in our lives.

### Day Three

My dictionary defines worry as "to feel uneasy or anxious; fret; torment oneself with or suffer from disturbing thoughts." Did you ever realize when you worry, you are inflicting torment on yourself? Worry is self-inflicted suffering, and it never produces anything good.

We've looked at three reasons Jesus gave for not worrying: First, because of who you are as a child of God. Second, because it never does any good, and third, because it is a poor testimony to those around you who observe you worrying. Now, we'll see how we can stop worrying.

Worry is a function of your mind, your thoughts. In order to stop worrying, you have to change your thought patterns. And in order to change your thought patterns, you have to replace wrong thoughts with right thoughts. Here is the thought that can stop you from worrying:

1. You have a heavenly Father who is taking care of you.

Jesus said in Matthew 6 our Heavenly Father knows what we need and will provide for our needs when we seek first his kingdom and his righteousness. Now, this may cause you to ask some questions, like why doesn't God answer all my prayers if he is taking care of me? That's what we expect a father to do, right? I think of my own father, and I am certain if he could meet any need I had, he would, and he often did.

It often seems like our earthly father is more predictable than our Heavenly Father. Most earthly fathers can be counted on to do anything they can for their children. Yet often our Heavenly Father doesn't

come through for us the way we think he should, or the way we want him to. Does he love us less than our earthly father? Why doesn't he act like my earthly father would?

Well, it's quite simple. He has a different agenda for us than our earthly fathers. He has an eternal agenda, and his purpose is to conform us to the image of Jesus Christ. This daily transformation often comes through unexpected—and unwanted—ways.

Spurgeon, a great preacher of the 19th Century, wrote: "O blessed acts of sorrow that cut a pathway to our God by chopping down the tall trees of human comfort." Even when you're in the midst of difficulty and you don't see how God is taking care of you, you should not worry, because he is working everything out for your good.

*In all things God works for the good of those who love him, who have been called according to his purpose (Rom. 8:28).*

## Day Four

I remember a song we sang when I was young: Why worry when you can pray? Well, it's a good question, isn't it? Why do we worry when Jesus has clearly told us not to worry? Worrying is truly worthless!

We've looked at three reasons we should not worry from Matthew 6. They are:

- Because of who we are. We are more valuable than birds.
- Because it never does any good.
- Because it's a bad testimony.

Now we're looking at three ways to stop worrying. We can stop worrying when we think about how our Heavenly Father takes care of us. I want to emphasize again our problem with worrying is in our thoughts. Worrying takes place in your mind, and in 2 Corinthians 10:5 we read we are to take captive every thought to make it obedient to Christ.

The battle is in your mind, and you stop worrying when you change your thought patterns. I've written a whole book on this topic—*Think About What You Think About*—because I believe most of our problems begin with wrong thinking. It's certainly true in my life; as soon as I allow my thoughts to get out of control, to think about things I should not be thinking about, that's when worrying moves in and I become a worrywart, as we say!

Philippians 4:8 says we are to think about what is true, noble, right, pure, lovely admirable, excellent and praiseworthy. When you're worrying, it is often not true, certainly not noble, never admirable or excellent or praiseworthy. We need to stop worrying. And you do that by replacing wrong thoughts with right ones.

When you find yourself in worry mode, stop and intentionally change your thoughts, replacing those worrying thoughts with how your Heavenly Father has promised to take care of you, to never leave you or forsake how, and how he loves you and cherishes you. It may only last for a few minutes before you start worrying again, but if you simply keep replacing wrong thoughts with right ones, soon you will build spiritual muscle. You'll discover you're not worrying nearly as much as you used to.

Please remember: Worrying is a useless and worthless activity. And you have the power, through Jesus Christ, to be rid of it.

## Day Five

Worrying is worthless! You probably know that already, but the question is, have you stopped worrying? Jesus told us clearly “Do not worry.” It wasn’t a suggestion; it was a directive. Yet often we fall into that easy trap of worrying. We’ve been looking at Matthew 6 to see three reasons not to worry, and now we close with three ways to stop worrying. First, I examined the importance of replacing worrying thoughts with thoughts of how your Heavenly Father takes care of you.

Secondly, we stop worrying by placing our faith firmly in our Heavenly Father. In Matthew 6, Jesus told his disciples their problem is they have little faith. “O ye of little faith,” he said to them—and I think he must say it to us as well. How do you have more faith? The Bible says faith comes by hearing and hearing by the Word of God. If you’re worrying a lot, it could be because you’re not spending enough time in the Word of God, and therefore your faith is weak.

When I have some concern on my mind that starts to become a worry, God will minister to me if I just sit down and read his Word. But if I don’t do that, the worrying just gets worse.

Then, the third thing we must do in order to stop worrying is *seek first his kingdom and his righteousness* as Jesus told us in Matthew 6:33. Worry is an indication that somehow we’ve got our priorities confused. If we seek first his kingdom and his righteousness, if that is our number one priority, then it will drive out worry.

Worry is like the check engine light in your car. You know when that light goes on something is wrong with your car, and you need to have it checked out. When you and I are worrying, it’s a warning light that something is wrong with us spiritually. Either we’ve forgotten who we are in Christ and how our Heavenly Father has promised to take care of us, our faith is very weak, we’ve not spent enough time in the Word of God, or we’re not truly seeking first God’s kingdom. Other things, other people, other activities have taken first place in our lives.

Remember, worrying is worthless—a total waste of your time—and it indicates you need to stop and check out why your worrying instead of trusting the Sovereign God, who is your Heavenly Father.