

## **The Wednesday Word, September 22, 2020: No Worries!**

*“Be careful (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 passes all understanding, shall keep your hearts and minds through Christ Jesus” (Philippians 4:6-7).*

What a wonderful scripture. It’s a pity that we so often don’t believe it is there. An epidemic of worry and anxiety seems to have invaded the homes and hearts of numerous believers. Many followers of the Lord are now having sleepless nights and anxious days.

The word ‘careful’ is also translated “worry.” Worry, according to the dictionary definition, means “to slay, kill or injure by biting and shaking the throat” (as a dog or wolf does), from Old English ‘wyrgran’ “to strangle.

‘Strangle!’ That’s what worry does to our faith.

But consider the Lord Jesus, He could have worried about the Pharisees or Herod or the Sadducees or Judas Iscariot or others of the disciples. He could have worried about any number of things, but instead He prayed about everything and worried about nothing. Think of the buildup to Calvary. He knew what He was going to face on the cross, but He prayed to His Father saying, “not my will, but thine be done.”

The letter to the Philippians, from where we get our text, is one of the most practical letters in the New Testament. Our verse says, “Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God .... (Philippians 4:6-7). That’s as good a picture of Christ’s prayer life as we will ever get.

Likewise, we are to worry about nothing; pray about everything and be thankful for anything. Most of us will admit that we worry. We know the Bible says it’s wrong, even sinful, but we do it anyway. Let’s be encouraged to change our ways. Instead of fretting, let’s worry about nothing; pray about everything and be thankful for anything.

Look again at Philippians 4:6. How much are we to worry about? ... “Nothing.” Nothing is probably the most exclusive word there is in the English language ... it excludes everything. We are to worry about nothing (NO THING). The reason we are to worry about no thing is because we are to pray, like Jesus, about everything.

Years ago, a widow asked the great preacher Dr. G. Campbell Morgan, “Do you think we ought to pray about the little things in our lives?” And Dr. Morgan, replied, “Madam, can you mention anything in your life that is a big thing to God?”

The Lord wants us to bring all to Him.

The opposite of NOTHING is EVERYTHING. As believers, we need to get in the habit of bringing everything to Him in prayer—excluding nothing.

**Just as nothing means no thing, so everything means every thing.**

When Paul says that a Christian is not to worry, he is not saying we need to ignore reality. Paul doesn't say we are to pretend difficulties and challenges don't exist. Instead, we need to move the things we want to worry about into the realm of prayer.

A man couldn't sleep one night. He rolled and tossed, until his wife finally asked him, "What is the matter? Why can't you sleep?" He said, "I owe the tax man \$20,000 and the bill is due, and I can't pay it." "Well," his wife said, "Get up, get dressed, go and tell the tax man you can't pay him. Then come back and go to sleep and let him stay awake."

That's the kind of thing Paul is saying in Philippians 4:6-7. When we tell the Lord everything, it becomes His problem. We have the right as His children to go to Him in prayer and say, "This is something I can't handle" and then turn everything over to Him. As Luther used to say; "Pray and let God worry!"

As believers, we are to worry about nothing; pray about everything and be thankful for anything.

And that's the Gospel Truth!