

## DON'T WORRY ABOUT IT // Luke 12:22-34

*Message from the series, The Gospel of Luke*

We are emotional beings and have the tendency to get caught up in our emotions. One of the most dangerous emotional traps that we all face is worry: it is like quicksand and can absolutely undo even the most well-meaning person.

In the gospel of Luke, Jesus addresses the human habit of worrying. Simply put, we can interpret Jesus' teaching to mean that following him involves pursuing a worry-free life. In other words, followers of Christ should maintain an eternal perspective by being concerned with the affairs of the NEXT life instead of consumed with worry over the affairs of THIS life.

In Luke 12, Jesus gives four reasons explaining why Christians should not worry:

### 1. Jesus said to stop worrying.

Simply put, Jesus commands his followers not to worry. Why do we worry to begin with? Often, our worry stems from two sources:

1. We are ignorant of who God is. We do not know that he is all-knowing, fully compassionate, omniscient, omnipresent, etc.
2. We fail to trust God. We know who God is but we fail to accept his sovereignty in our lives.

### 2. Your life is not about you.

God did not make us simply to take up space, collect things, and serve our own purposes. God has a purpose and a plan for each of us, and he will provide in order to see his plan through to completion.

### 3. Worry never works.

We cannot add a single thing to our lives by worrying. Worry only produces negativity: stress, tension in our relationships, poor health, lack of rest, loss of hope, and spiritual struggles. Worry steals from God's best in our lives. Few things are as destructive as worry.

### 4. Your faithful Father knows.

God knows who we are, why we are worried, and what we need. God sees each of us and knows us intimately. God knows and provides.

Jesus also continues his teaching to give three instructions for fighting anxiety:

1. Give your life to Kingdom work.
  - a. Do not be controlled by possessions and affairs of this world. Instead, turn your attention and your affection to the work of God's Kingdom.
2. Give your stuff to needy people.
  - a. Anxiety and greed are tied together. We all like things and can have things, but we should never be controlled by those things.
3. Give your best to heavenly places.
  - a. Whatever your "best" is, dedicate it to the work of God.

## DISCUSSION QUESTIONS

1. What do you find most difficult about giving your worries to God?
2. Based on Jesus' instructions in verses 32-34, in what ways can you actively combat your worries?
3. How does this passage of Scripture provide comfort to you? How does this passage challenge you?