



# ***WEARY WITH WORRY***

## **Luke 10:38-42**

**Woodland Park Church of Christ**  
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Now it happened as they went that He entered a certain village; and a certain woman named Martha welcomed Him into her house. <sup>39</sup> And she had a sister called Mary, who also sat at Jesus' feet and heard His word. <sup>40</sup> **But Martha was distracted with much serving**, and she approached Him and said, "Lord, do You not care that my sister has left me to serve alone? Therefore tell her to help me." <sup>41</sup> And Jesus answered and said to her, **"Martha, Martha, you are worried and troubled about many things.** <sup>42</sup> But one thing is needed, and Mary has chosen that good part, which will not be taken away from her." **Luke 10:38-42**



## ➤ Context

- Here, we find the savior of the world visiting sisters Mary and Martha.
- The same Mary and Martha whose brother, Lazarus, was brought back from the dead.  
**See John 11.**
- What a great opportunity to draw closer to the Lord.
- One is **distracted and consumed** with *making things right and having things in such order* that she does not take full advantage of the Lord's presence.

# CONTEXT

Are we so busy (i.e. distracted) at times that we miss the Lord's presence?

- Does your mind wander/drift while in service, understanding that when we assemble our Savior is in the midst, i.e. ever present? **See Matthew 18:20**
- Concerned about the cares and stresses of life.
- Consumed by the responsibilities that await you once we are dismissed.
- Are you engaged and totally focused in service, especially as we commemorate the Lord's sacrifice – partaking of the Lord's body and blood **worthily**?

# Many times we, like Martha, become worried and troubled by many things –

- Lord, I see the excessive and increasing violence, is it safe to go anywhere?
- Social upheaval/political fights (a divided nation)
- I send my child off to school, is s/he safe, and will they be able to ward off temptation?
- There is a Delta variant of COVID-19 out here; Alabama (with only 41.8 % of its adult population vaccinated for the original strand) is dead last in vaccinations.
- Will I ever have the resources to retire comfortably?

# WORRY, ALONE, IS POINTLESS

And **who of you by worrying can add** one hour to [the length of] his life? **Matthew 6:27 [AMP]**

→ **Makes a bad situation worse!!**

Therefore, since we are surrounded by so great a cloud of witnesses [who by faith have testified to the truth of God's absolute faithfulness], **stripping off every unnecessary weight** and the sin **which so easily and cleverly entangles us**, let us run with endurance *and* active persistence the race that is set before us, **Hebrews 12:1 [AMP]**

# UNCONTROLLED STRESS (ADVANCED BY WORRY) CAN HAVE SEVERE CONSEQUENCES:

- Heart disease
- High blood pressure
- Given the destructive impact it has on cells (the basic units of life), worry/stress can facilitate certain cancers and, get this, ages us (**chronological vs. physiological age**).
- Disruptive of our relationship with our Lord and our God, as worry and faith are inversely proportional.
  - **More worry evinces/demonstrates less faith, as faith expects & believes for the best. See Hebrews 11:1, 6**

# 1. IMPORTANT TO HAVE BALANCE IN OUR LIFE

- Most of us usually have several matters on our plates at the same time. We are balancing --
- Family commitments: Spousal obligations (**Eph. 5:22-25, 28, 33**) & Parenting (**Eph. 6:4**)
- Caregiving, as is the case with aging parents
- Careers and work (**II Thessalonians 3:10**)
- Church responsibilities (**Matthew 6:33**)
- All are important – God expects us to handle them




## Practice good time management.

- Set aside and apportion time to handle life's necessities.
- Have priorities in order.
- Sometimes we have to cut down "junk activities," like we cut back on junk food when on diets and eating healthy.
- Those things that place us no closer to accomplishing tasks/missions.

## 2. ALWAYS REMEMBER, WE SERVE A GOD WHO IS CONCERNED ABOUT US

Therefore humble yourselves under the mighty hand of God, that He may exalt you in due time, <sup>7</sup> **casting all your care upon Him, for He cares for you.** I Peter 5:6-7

When you put your care and worry on the Lord leave them with Him and perhaps talk to Him about them, but don't pick them back up and carry them with you!



Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; <sup>7</sup> and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus.

**Philippians 4:6-7**

## 3 CONTROL WHAT YOU CAN CONTROL; TRUST GOD TO MAKE UP THE DIFFERENCE

- ▶ Like Martha, we become consumed by many things over which we have no control.
- ▶ Mary was a grown woman; Martha's worrying obviously had little impact on Mary.
- ▶ Our energies and concerns are far better spent controlling what we can control and not becoming frustrated and paralyzed by what we cannot control.
- ▶ We often see this in relationships – people contemplating suicide because someone else decides they want to pack.

David noticed that his attendants were whispering among themselves, and he realized the child was dead. “Is the child dead?” he asked. “Yes,” they replied, “he is dead.”<sup>20</sup> Then David got up from the ground. After he had washed, put on lotions and changed his clothes, he went into the house of the LORD and worshiped. Then he went to his own house, and at his request they served him food, and he ate.<sup>21</sup> His attendants asked him, “Why are you acting this way? While the child was alive, you fasted and wept, but now that the child is dead, you get up and eat!”<sup>22</sup> He answered, **“While the child was still alive, I fasted and wept. I thought, ‘Who knows? The LORD may be gracious to me and let the child live.’<sup>23</sup> But now that he is dead, why should I go on fasting? Can I bring him back again? I will go to him, but he will not return to me.”**

**II Kings 12:19-23**

# So, what can we control?

- ▶ Get vaccinated, engage best safe practices, and advocate for safe living.
- ▶ Train our children *in the way* they should go **[Proverbs 22:6]** and bring them up in the nurture and admonition of the lord **[Eph. 6:4]**.
- ▶ Gradually work so that we do not become stressed out because work and responsibilities can pile up. **[Eph. 5:16]**
- ▶ Avoid unnecessary debt and be good stewards over our resources. **See Proverbs 22:7** → The borrower is servant to the lender

## Michel de Montaigne (16<sup>th</sup> century philosopher) --

“My life has been filled with terrible misfortune; most of which never happened.”

A recent study supports this statement and found:

- 85% of what the subjects worried about did not come to pass.
- With the 15% that did happen, 79% of the people in the study found either they could handle the adversity/difficulty better than expected or the adversity/difficulty taught them invaluable lessons.
- All told and tallied, 97% of what you worry over is not more than an anxious and fearful mind punishing you with exaggerations and misperceptions.

# DON'T BECOME WEARY WITH WORRY

The LORD is my light and my salvation— so why should I be afraid? The LORD is my fortress, protecting me from danger, so why should I tremble? **2** When evil people come to devour me, when my enemies and foes attack me, they will stumble and fall. **3** Though a mighty army surrounds me, ***my heart will not be afraid. Even if I am attacked, I will remain confident.*** Psalm 27:1-3 (NLT)





# Lord's Invitation Extended to All

## ➤ Be added to the Lord's body

Hear the gospel (**Acts 15:7; I Corinthians 15:1-4**)

Believe (**Acts 15:7; Rom. 10:17**)

Repent (**Acts 2:38**)

Confess (**Acts 8:37; Rom. 10:10**)

Be baptized (**Acts 2:38, 8:38**)



## Lord's Invitation (cont'd)

- **Be reconciled unto the Lord** (1 John 1:8-9); or
  - **Desire prayer** (James 5:16).
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