

Unmasking Worry

[Matthew 6:27](#)

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[Matthew 6:27](#), *Can any one of you by worrying add a single hour to your life?*

What Others Are Saying About Worry

“Worry implies that we don’t quite trust God is big enough, powerful enough, or loving enough to take care of what’s happening in our lives.”

- Francis Chan

“Anxiety is the mark of spiritual insecurity. It is the fruit of unanswered questions.”

- Thomas Merton

“It is not only wrong to worry, it is infidelity; because worrying means that we do not think that God can look after the practical details of our lives.”

- Oswald Chambers

What Is Worry?

1. Worry is Pride

[1 Peter 5:6-7](#), *Humble yourselves, therefore, under God’s mighty hand, that he may lift you up in due time. ⁷ Cast all your anxiety on him because he cares for you.*

“Worry is the secret arrogance of the person who believes he can run the universe better than God.”

- Tim Keller

2. Worry is Unbelief

[Matthew 8:26](#), *He replied, “**You of little faith, why are you so afraid?**” Then he got up and rebuked the winds and the waves, and it was completely calm.*

“Worry is practical atheism and functional unbelief. It acts as if God does not exist.”

- John Piper

3. Worry is Idolatry

[Matthew 6:31-32](#), *So do not worry, saying, “**What shall we eat?**” or “**What shall we drink?**” or “**What shall we wear?**” ³² For the pagans run after all these things, and your heavenly Father knows that you need them.*

“Whatever you worry about most is what you really worship – because you give it your best attention, your sleepless nights, and your emotional devotion.”

– Paul David Tripp

4. Worry is Self-Reliance

John 15:5, *I am the vine; you are the branches. If you remain in me and I in you, you will bear much fruit; apart from me you can do nothing.*

“Worry is the natural result of forgetting that God is God and I am not.”

– Charles Spurgeon

5. Worry is Ingratitude

Philippians 4:6, *Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God.*

“Worry is a thin stream of fear that grows when we stop counting our blessings.”

– Arthur Somers Roche

6. Worry is Rebellion

Matthew 6:34, *Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.*

“Worry is disobeying a direct command from the King of the universe while calling it ‘being responsible.’”

– Rick Warren

“To worry is to rebel against the word of Christ, who said, ‘Do not worry about tomorrow.’”

– John Calvin

7. Worry is Exhausting

Psalms 119:28, *My soul is weary with sorrow; strengthen me according to your word.*

“Worry does not empty tomorrow of its sorrow; it empties today of its strength.”

– Corrie ten Boom

“I have lived a long life and had many troubles, most of which never happened. The worrying alone exhausted me.”

– Mark Twain

How to Overcome Worry

1. Name it out loud – Confession Time

1 John 1:9, *If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness.*

2. Pray with thanksgiving – The Philippians Factor

Philippians 4:6, *Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God.*

3. Separate what you can control and what you cannot – The Boundary Effect

Matthew 6:27, *Can any one of you by worrying add a single hour to your life?*

4. 60 seconds of Kingdom Kindness – Kingdom Connection

Matthew 6:33, *But seek first his kingdom and his righteousness, and all these things will be given to you as well.*

5. Live by Faith

Romans 1:17, *For in the gospel the righteousness of God is revealed—a righteousness that is by faith from first to last, just as it is written: “The righteous will live by faith.”*

In Case You Missed it...

Answers:

1. Pride
2. Unbelief
3. Idolatry
4. Self-reliance
5. Ingratitude
6. Rebellion
7. Exhausting