

The Weight You Were Never Meant to Carry

[Luke 12:25-26](#)

Pastor Scott George

August 23, 2026

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[Luke 12:25-26](#), *Who of you by worrying can add a single hour to your life? ²⁶ Since you cannot do this very little thing, why do you worry about the rest?*

[Proverbs 12:25](#), *Anxiety weighs down the heart, but a kind word cheers it up.*

[John 5:1-9](#), *Some time later, Jesus went up to Jerusalem for one of the Jewish festivals. ² Now there is in Jerusalem near the Sheep Gate a pool, which in Aramaic is called Bethesda and which is surrounded by five covered colonnades. ³ Here a great number of disabled people used to lie—the blind, the lame, the paralyzed.*

⁴ *From time to time an angel of the Lord would come down and stir up the waters. The first one into the pool after each such disturbance would be cured of whatever disease they had.*

⁵ *One who was there had been an invalid for thirty-eight years. ⁶ When Jesus saw him lying there and learned that he had been in this condition for a long time, he asked him, “Do you want to get well?” ⁷ “Sir,” the invalid replied, “I have no one to help me into the pool when the water is stirred. While I am trying to get in, someone else goes down ahead of me.”*

⁸ *Then Jesus said to him, “Get up! Pick up your mat and walk.” ⁹ At once the man was cured; he picked up his mat and walked. The day on which this took place was a Sabbath.*

What Is Worry?

Worry is mental torment, the fruit of trying to control what only God can govern.

“When we allow worries to dominate us, we’re actually saying that God can’t be trusted to take care of us.”

– Billy Graham

1. Worry is unbelief in disguise.
2. Worry is idolatry.
3. Worry is a thief.

Why Do We Worry?

"We worry, not because our problems are so big; we worry because our view of God is too small."

- J. B. Phillips

1. We worry because we overestimate our own strength.
2. We worry because we easily forget God's faithfulness in our past.
3. We worry because our hearts default to life's worst-case scenarios.

"The beginning of anxiety is the end of faith, and the beginning of true faith is the end of anxiety."

- George Muller

What Does Worry Do To Us?

1. Worry paralyzes your action.
2. Worry devastates your health.
3. Worry robs your joy.

"Worry is the senseless and useless process of bearing troubles before they arrive."

- J. C. Ryle

How Can We Overcome Worry?

You cannot eliminate worry by trying harder. You overcome fear by choosing to live by faith.

1. Declare boldly your trust in Jesus.

Proverbs 29:25, *Fear of man will prove to be a snare, but whoever trusts in the Lord is kept safe.*

2. Choose daily the instrument of gratitude.

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. Give your weight to someone who can carry it.

1 Peter 5:7, *Cast all your anxiety on him because he cares for you.*

Matthew 11:28-29, *Come to me, all you who are weary and burdened, and I will give you rest. ²⁹ Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls.*

"Every worry is a small lie whispered by the enemy that God doesn't care."

- Lysa TerKeurst

In case you missed it...

Answers:

1. *Unbelief*
2. *Idolatry*
3. *Thief*
4. *Overestimate*
5. *Forget*
6. *Hearts*
7. *Action*
8. *Health*
9. *Joy*
10. *Trust*
11. *Gratitude*
12. *Weight*