

## WORRIED & BOTHERED ABOUT SO MANY THINGS

Luke 10:38-42

### THE GOAL?

“Undistracted devotion to the Lord” -  
1 Corinthians 7:35

Without care, interruption, and anxiety.  
Free to engage with undivided interest  
in the service of the Lord.

Solomon called for God’s people to be  
“*wholly devoted*” (1 Kings 8:61). To be  
“un-entangled”- 2 Timothy 2:3-4

### THE REALITY

Satan knows how to interrupt, distract  
and unsettle us.

David spoke of being “*restless*” and  
“*distracted*” by events in his life.

Psalms 55:1-7

Martha illustrated the temptation we all  
face. She was said to be “*distracted*”,  
“*worried*” and “*bothered*” about “*so  
many things*”. Luke 10:38-42

### WE LIVE IN A “STRESSED OUT” WORLD

- ◉ 13% of American adults suffer from “anxiety disorders”.
- ◉ 1/2 of all Americans consider themselves “moderately or highly stressed”. 42% say it’s getting worse.
- ◉ Worker compensation claims for “mental stress” rose 200% in California in the 80’s.
- ◉ The big 3...
  - 73% say the number 1 cause of their stress is... \$\$\$.
  - 70% say health & 62% say work are significant sources.

### GOD’S COMMAND

Do not be anxious! - Matthew 6:25-34

Be anxious for nothing - Philipians  
4:6

Why preach on this?

Because it’s sinful and can cost our  
souls!

### IT DOESN’T STOP THERE!

If disobedience to God’s commands was not  
enough!

Living with a heavy heart.

Proverbs 12:25, “Anxiety in the heart of a man  
weighs it down”

Living an unproductive life.

Matthew 13:22, “...the worry of the world, and  
the deceitfulness of riches choke  
the word, and it becomes  
unfruitful”

## THE EXCEPTION

What's the word in our vocabulary that almost always follows these words out of our mouth?

"I know I shouldn't worry..." or "I know I shouldn't be anxious..."

"But..."

What does that word indicate?

## THE ISSUE ISN'T...

- ◉ Whether we face anxious moments in our life,
  - It's what we do about it.
    - ◉ Do we turn it over to God?  
1 Peter 5:7; Philippians 4:6
    - ◉ Do we do what we can?  
Mark 14:8; Genesis 42:1; 2 Kings 7:3
    - ◉ What are we saying if we continue to be anxious after prayer?
    - ◉ Example:

## THE ISSUE ISN'T...

Whether we face anxious moments in our life,

- It's what types of things bother us, distract us or cause us concern?
- We need to honestly assess whether it's the physical things of life that have become our primary source of distraction and bother?

## WHAT ARE WE WORRIED AND BOTHERED ABOUT?

### Our health!

- ◉ But what about our spiritual health?
- ◉ 3 John 2, "Beloved, I pray that in all respects you may prosper and be in good health, just as your soul prospers."
- ◉ What if our physical health was directly linked to our spiritual health? Jeremiah 8:21-22
- ◉ Granted, physical health problems are real, but what do we spend more time worrying about?

## WHAT ARE WE WORRIED AND BOTHERED ABOUT?

### Our home - our "stuff".

- ◉ But what about our spiritual home?
- ◉ How concerned are we about the condition of the Lord's church?  
2 Corinthians 11:28
- ◉ How concerned are we about the spiritual home God has prepared for the faithful?  
2 Peter 1:11; John 14:1-4
- ◉ What do we spend more time worrying about? Haggai 1:3-9

## WHAT ARE WE WORRIED AND BOTHERED ABOUT?

### Our finances!

- ◉ But what about our spiritual treasure?
- ◉ Have we invested in heaven? Matthew 6:19ff; 2 Timothy 1:12
  - How? Give ourselves. 2 Corinthians 8:5; 12:15
- ◉ What do we spend more time worrying about? Luke 12:13-21
  - Granted, we need to be good stewards.

### WHAT ARE WE WORRIED AND BOTHERED ABOUT?

#### Our jobs!

- ⊙ But what about our spiritual work?
- ⊙ The church needs every member working. Ephesians 4:16
  - Minimums or maximums? 1 Corinthians 15:58
- ⊙ What do we spend more time worrying about?
  - Granted, we need to work for our food. John 6:27

### WHAT ARE WE WORRIED AND BOTHERED ABOUT?

#### Life being fair!

- ⊙ It wasn't fair for Jesus Christ! 1 Peter 2:19-24
- ⊙ What happens/or doesn't happen to others.
  - Peter had to learn. John 21:18-23
  - David/Asaph had to learn. Psalms 37 & 73
- ⊙ What's expected when it's not fair? 1 Corinthians 6:7; Matthew 5:38-43

### WHAT WAS PAUL WORRIED ABOUT?

- ⊙ "The Churches" - 2 Corinthians 11:28
- ⊙ The "welfare" of his brethren -Philippians 2:19-21; Acts 15:36
- ⊙ The salvation of souls - Romans 10:1
- ⊙ The response to the gospel - 2 Corinthians 7:5-7
- ⊙ Not the "stuff" of this life - Philippians 4:11-13
- ⊙ Not his personal well being - 2 Corinthians 1:8-9; Acts 12:7; 16:25.

### ONLY A FEW THINGS ARE NECESSARY

- ⊙ Mary- taking advantage of every opportunity to learn - be a true disciple. Luke 10:39
- ⊙ "One thing I do...I press on" - Philippians 3:13-14
- ⊙ Fear God and keep His commandments. Ecclesiastes 12:13; Acts 10:35
- ⊙ Keep first things truly first. Matthew 6:33
- ⊙ Love Him - heart, soul, mind, and strength. Mark 12:30

### THE RESULT?

- ⊙ A "composed" and "quieted" soul. Psalms 131:1-2
- ⊙ A "peace which surpasses all comprehension" guarding our hearts and minds? Philippians 4:7

### REALLY ONLY ONE THING IS NECESSARY

Is your heart/life right with God\* and will He welcome into the eternal kingdom?

\*Have you been forgiven of your sins through the blood of Jesus Christ?