



## Is Worry Sin?

Life on planet earth these days is definitely gone “crazy scary” and situations keep changing for the worst almost on a daily basis! We are threatened with a pandemic, riots, social unrest, loss of our freedoms, communism, rumors of wars, crazy weather and it seems that common sense has pretty much vanished. If we are foolish enough to stay glued to our television sets and watch the news reports which daily tells us the sky is falling, we are going to be pushed to the brink! So as born-again Christians, how should we respond to this? I have witnessed some extremes in both directions from Christians in regard to this issue. From bunker mentality where you go find a cave and store up for the apocalypse to the opposite end where God will protect me no matter what even if I jump in front of the bus!

What puzzles me the most though is the number of Christians in constant fear and worry during our present day! Man’s greatest fear is death and here are two Scriptures showing Christians should not fear- **HEB 2:14-15- “Therefore, since the children share in flesh and blood, He Himself likewise also partook of the same, that through death He might render powerless him who had the power of death, that is, the devil, and might free those who through fear of death were subject to slavery all their lives”;** and **2 Tim 2:7- “For God has not given us a spirit of timidity, but of power and love and discipline.”** I have already covered the fear aspect in several other earlier blogs, but today I am going to look at -- **SHOULD CHRISTIANS WORRY AND IS WORRY A SIN?** Another word for worry is anxiety. Since March, we have been fed a nonstop stream of misinformation concerning so many things including Covid-19 to deliberately keep us in a constant state of fear and anxiety!

What does the Bible say about worry and anxiety; and is it sin? What I am writing here is information for born again Christians -- not for those who are lost. Lost souls are locked in a constant state of fear and anxiety -- enslaved to the whims and deceptions of Satan. Their true and living Hope to be set free from the bondage of fear/worry and the darkness of Satan, is to place their faith and trust in the redeeming blood of Jesus Christ (See **HEB 2:14-15** above) and become born-again into fellowship with the Living GOD Who is Light and Life. Jesus said in **John 3:3, “Truly, truly, I say to you, unless one is born again he cannot see the kingdom of God”.**

One of the defining sins of our culture is worry. Sometimes we call it worry and other times we call it anxiety. A more recent label is stress or being stressed out. There are many different ways lost people of the world cope with worry. Sometimes they distract themselves with incessant entertainment. Some seek counseling or therapy. More and more abuse prescription drugs. Some even resort to alcohol or illegal drugs as a way to deal with their anxiety and worry. This is how the lost world deals with worry; but this is not how the born-again regenerated Christian should deal with worry!

Worry is sin! What does the Bible say is the cure for the crippling sin of worry and why does God call worry sin? Worry is nothing more than a lack of trust; and trust is another word for faith. Worry and faith are two polar opposites. Worry in a Christian is simply screaming out “I do not trust you Lord!” **HEB 11:6-“And without faith it is impossible to please Him, for he who comes to God must believe that He is and that He is a rewarder of those who seek Him”.** Faith in (trusting) God is the antidote to fear and worry. If we, as Christians, have an anxiety and worry problem, we have a faith problem! In **Matthew 6:25-30** Jesus commanded us not to worry- **“For this reason I say to you, do not be worried about your life, as to what you will eat or what you will drink; nor for your body, as to what you will put on. Is not life more than food, and the body more than clothing? Look at the birds of the air, that they do not sow, nor reap nor gather into barns, and yet your heavenly Father feeds them. Are you not worth much more than they? And who of you by being worried can add a single hour to his life? And why are you worried about clothing? Observe how the lilies of the field grow; they do not toil, nor do they spin, yet I say to you that not even Solomon in all his glory clothed himself like one of these. But if God so clothes the grass of the field, which is alive today and tomorrow is thrown into the furnace, will He not much more clothe you? You of little faith!”.** Jesus at the end of verse 30 put His finger on the root cause. He said, **“You of little faith!”**

What Jesus is saying is: *You must trust your Father and that He watches over you.* We need to have a deep faith in our Father. When a person repents of their sin and puts their faith and trust in the Lord Jesus, God becomes their Father. A good father loves and takes care of his children. **Isaiah 41:10-“So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with My righteous right hand.”** And **1 Peter 5:7 “Cast all your anxiety on Him because He cares for you.”** How can we get this greater faith to trust God and not worry? Faith comes from the Word: **Romans 10:17- So faith comes from hearing and hearing the Word of Christ”.** Unfortunately, the reality in the American Evangelical church is that there are very few who really seek the Lord in His Word on a daily basis. They are satisfied with the Sunday sermon, and do not feed themselves daily on God’s Word. **Romans 10:17** makes it clear that we need to be in and know the Word! How much time are we spending in God’s Word? Little knowledge of God means we have a little god and a little faith. God calls us to chew on and feed on His Word so we can grow in our spiritual life. **Matthew 4:4- “But Jesus answered and said, “It is written, ‘MAN SHALL NOT LIVE ON BREAD ALONE, BUT ON EVERY WORD THAT PROCEEDS OUT OF THE MOUTH OF GOD.’”**

There is another spiritual tool to help overcome the sin of worry. It is described in **Philippians 4:6-7-“Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.”** Again, this is another problem in the American Evangelical church: Prayerlessness! According to Barna Research, the average Christian in America only prays an average of three minutes a day and the average Pastor only prays seven minutes a day. In addition, the Weekly Prayer Meeting is all but gone in most American churches. Could you imagine how poor a marriage would be if the spouses only spent 3 to 7 minutes a day speaking to each other? We are Christ’s Bride, and we should be seeking Him daily in prayer and the Word. Three minutes is just not going to cut it; and a Pastor who only prays 7 minutes a day needs to repent or get a different occupation! The condition of our nation could very well be attributed to the Church’s neglect of the Word, prayer and repentance. As the Church goes so goes the nation.

I believe we are at a crossroads and pivotal time in the history of our nation and of the church in America. It is no longer time to have church as usual. The church can no longer be prayerless and Wordless and full of fear and worry. It is time to do a personal spiritual inventory, see where we stand, and repent. It’s easy to look at where others stand, but not so easy to see where we stand. Are we playing church, or are we being church? Can I honestly say I am trusting God for all things, or am I still trying to fix everything in the flesh? Is my Bible collecting dust, or is it well worn? Do I have a time of prayer every day? I believe it is now time for deeper prayer, deeper supplication, fasting and to seek the Lord! It is time to call a solemn assembly, to repent, and to seek God’s mercy and favor. **Joel 1:14-15-“Consecrate a fast, Proclaim a solemn assembly; Gather the elders And all the inhabitants of the land to the house of the LORD your God, And cry out to the LORD.”** **Joel 2:12-14-“Yet even now,” declares the LORD, “Return to Me with all your heart, And with fasting, weeping and mourning; And rend your heart and not your garments. Now return to the LORD your God, For He is gracious and compassionate, Slow to anger, abounding in lovingkindness And relenting of evil. Who knows whether He will not turn and relent And leave a blessing behind Him...”?** (There is a click-on Link for more “Scriptures on Worry” on the Blog page.)

