

The Destructive Power of Worry

Kenneth Hagin JR.

Do you believe that God is big enough to take care of every aspect of your life – of everything that concerns you? Your faith in God's willingness and ability to take care of you will cause you to receive many blessings in life as you trust yourself to His loving care. It will also keep you from the sin of worry.

The Bible says that whatever is not of faith is sin (Rom. 14:23). So to worry about anything instead of trusting God to take care of the situation is a sin. It is a sin to worry!

Not only is it a sin to worry; worry is unproductive. In other words, worrying doesn't change the circumstances you may face in life. Worrying only keeps you from looking to God and getting your answer.

Matthew chapter 6 tells us what worrying accomplishes.

MATTHEW 6:25-30

25 Therefore I say unto you, Take no thought for your life, what ye shall eat, or what ye shall drink; nor yet for your body, what ye shall put on. Is not the life more than meat, and the body than raiment?

26 Behold the fowls of the air: for they sow not, neither do they reap, nor gather into barns; yet your heavenly Father feedeth them. Are ye not much better than they?

27 Which of you by TAKING THOUGHT [worrying] can add one cubit unto his stature?

28 And why take ye thought for raiment? Consider the lilies of the field, how they grow; they toil not, neither do they spin:

29 And yet I say unto you, That even Solomon in all his glory was not arrayed like one of these.

30 Wherefore, if God so clothe the grass of the field, which to day is, and tomorrow is cast into the oven, shall he not much more clothe you, O ye of LITTLE FAITH?

Verse 30 implies that a person who is taking thought for his life, or worrying, is a person who has little faith.

Then verse 27 says, "Which of you by TAKING THOUGHT can add one cubit unto his stature?" In other words, worrying can't make you an inch shorter or an inch taller. So we see that worry is a sin, and it accomplishes nothing productive or of any value.

What does worry do? Worry makes a small problem look big. Or you could say it like this: Worry gives a small problem a big shadow.

By way of Illustration, did you ever notice that if the rays of the sun hit an object just right, the object will cast a shadow? The object can be something small, but at certain times of the day, it can cast a huge shadow!

That's what the devil likes to do with situations and circumstances in our lives. He likes to magnify even the small problems in our lives that we may be tempted to worry about.

You may be facing many frustrating situations in your life. You may even be looking at some circumstances that seem impossible. But you cannot surprise God with whatever you take to Him, big or small. He already knows about it! And to Him, that situation is just a small problem with a big shadow!

First Peter 5:7 says, "Casting all your care upon him; for he careth for you." The New International Version says, "Cast all your anxiety. . . ." The Amplified Bible says, "Casting the whole of your care [all your anxieties, all your worries, all your concerns, once and for all] on Him..."

The words "care" and anxiety" include worry, fear, and concern. So then you could say, "Casting all your care, anxiety, worry, fear, and concern on Him, because He cares for you".

The Lord wants you to walk worry-free! He wants you to walk in joy and peace. He wants you to walk in freedom and to enjoy life. But if you're all tied up and bound with care and worry, you are not at peace. You are not at liberty, and you are not free to enjoy life!

Worry keeps you from enjoying life to the fullest. No matter where you are or what you're doing, that worry is always gnawing at you. Worry takes the joy out of living. But God wants you to be free from worry. He wants you to live worry-free!

How can you tell if a person is living free from worry? The mark of a child of God who is worry-free is the joy and peace he exhibits even in the midst of persecution and affliction. The person who is worry-free lives like a person with no problems in spite of his unpleasant circumstances. I didn't say he never has any problems. I said he is carefree because he trusts in the Lord.

How can a person live carefree even in the midst of tests and trials? Because he knows that God is going to take care of him and his situation. He believes that what God's Word says is true. And when a person believes that and casts his care upon the Lord, he can rest secure and worry-free.

If you want to be a person who's worry-free, you need to declare from your heart, "I am what the Word says I am. I can do what the Word says I can do. And I can have what the Word says I can have."

You must learn to act on the Word if you want to live worry-free and enjoy a rich, full life in God. It doesn't matter what's happening around you – if the thunder is rolling, the lightning is flashing, and the storms of life are assailing – if you learn to cast your care upon the Lord according to the Word, you can be worry-free.

Worry is a thief and a robber. Worry robs you of your joy, your peace, and the blessings God wants you to have. But you can make the decision never to let worry steal from you again. As you do what the Word says to do and cast your cares upon the Lord!

What exactly is worry? For one thing, worry is fear triumphing over faith. In other words, where there is worry, there cannot be faith. But on the other hand, where there is faith, there cannot be worry. So if you are worrying about something, your worry is triumphing over your faith. But if you're exercising faith, your faith is triumphing over worry?

It's been said that worry is fear's right hand. Did you ever notice that the minute you begin to succumb to worry, you begin to be fearful too? But the Bible says, "For God hath not given us the spirit of fear; but of power, and of love, and of a sound mind" (2 Tim. 1:7).

Worry causes you to be afraid of something. Do you remember I said that worry makes a small problem seem big? Fear is much the same way. Many times the devil magnifies something in your mind, and if you give place to those thoughts, you become more and more afraid. Most of the time, you're worried and afraid about something that doesn't even exist or that hasn't even materialized.

That's exactly what the devil tries to get people to do – to get them to worry and become fearful about things that don't amount to anything. When he can get them worrying, he can steal them. He can rob them of happiness and joy. Satan can destroy a person's life through worry.

But we do not have to be robbed! We can live worry-free if we'll just do what God says to do. God doesn't want us burdened down with cares. He has made provision for us to cast our worries and cares on Him.

Did you know that worry and anxiety will affect you in every area of your life? It will hinder you on your job, because you can't work as efficiently when you have your mind on a problem or care. When you worry, your productivity and efficiency are greatly hampered.

Physicians tell us that if a person continues to live with anxiety and care, he may experience heart problems, blood pressure problems, or mental and emotional problems. In fact, some physicians tell us that worry can lead to paranoia, which is an extreme form of fear. As I said, fear follows worry. Worry and anxiety will bring fear into your life.

Don't let worry rob you and destroy your life. You don't have to be defeated by worry, because you can cast your worries upon the Lord. When problems come turn them over to the Lord and let the Lord handle them.

I challenge you to cast your cares onto the Lord right now. I challenge you to move into new arenas of victorious living with God by living a worry-free life that is pleasing to Him. If you'll commit yourself to resting and trusting in God, you will move up a notch spiritually. If you need to ask God to forgive you for worrying, do it and receive your forgiveness. Then go on down the road of life worry-free, because God cares for you!