

# Worry

Presented by Pastor Scott Walters on 10/04/20  
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Individually and as a nation we have experienced a certain level of exhaustion. Hard to be grateful when one isn't sure where to turn

Series: THE ENEMIES OF GRATITUDE–

Nostalgia: Rhythm if Grateful – Trust – Hope

Today: WORRY – Anxiety – Fear

When we are consumed by worry about what might be, we can't experience the peace that God is with us in the present.

Paul -- near the end of his life; in prison; death sentence; his work for Christ was threatening to the Roman Empire.

Paul writes with hope to the Philippians

Paul begins this chapter with real affection: "Therefore, my brothers and sisters, whom I love and long for, my joy and crown, stand firm I the Lord in this way, my beloved."

But then comes to the point – remember Paul's situation in prison –

"Rejoice in the Lord always; again I will say, Rejoice. Let your gentleness be known to everyone. The Lord is near. Do not worry about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God."

Not a Pollyanna promise: "All is Well"

God's peace will be with you in all you will have to face.

"Do not worry."

When we are consumed by worry about what might be, we can't experience the peace that God is with us in the present.

Even though Paul wasn't a disciple or was present to hear Jesus, Paul is connected on a deep level with Jesus–

"Therefore I tell you, do not worry about your life, what you will eat or what you will drink, or about your body, what you will wear. Is not life more than food, and the body more than clothing? Look at the birds of the air; they neither sow nor reap nor gather into barns, and yet your heavenly Father feeds them. Are

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you not of more value than they? And can any of you by worrying add a single hour to your span of life?

Or these words from the People of Israel in exile--

“do not fear, for I am with you, do not be afraid, for I am your God; I will strengthen you, I will help you, I will uphold you with my victorious right hand.”

Easy, right?

Clergy tend to be “people-pleasers.” I myself am a recovering “People-Pleaser.”

“I can get bogged down in the minutia of the details of what I said or didn’t say in a conversation.

But I can also worry about “meta” things. How is this global pandemic gong to effect our nations or Crossroads Church in the long-term?

Trust me, I know saying “Don’t worry” is easier said than done.

Anticdote

There is no switch to flip.

The world is trying to convince us that we are afraid ... especially of “them.”

The Challenge & Opportunity: to live differently.

We are now in the home-stretch to the Nov. 3 election

-I hear a lot of worry – from both sides – extrapolated to the extremes.

But we still hear the words, “Do not worry.”

Place your ULTIMATE TRUST in the God who says, “I am with you and I offer a peace that passes all understanding.”

The importance of being connected with others in group life–  
the Rhythm of worship & other gatherings

**NONE OF US ARE SHAPED ON OUR OWN!**

Conversations that can happen–

Nurture that is known–

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Support that develops.

Thankful for people on the journey.