



# Way of the Eagle

by Rhoda Collins

## WORRY

**M**any people worry about different things in life: they worry about their job, they worry about their kids growing up, people worry about finances etc. and yet Jesus told us in **Matthew 6:31-34**...

**“Therefore do not worry about your life saying, what are we going to have to eat, what are we going to have to drink or what are we going to have to wear? For the Gentiles (heathen) wish for and crave and diligently seek all these things, and your heavenly Father knows well that you need them all. But seek (aim at and strive after) first of all His kingdom and His righteousness (His way of doing and being right), and then all these things taken together will be given you besides. So do not worry or be anxious about tomorrow, for tomorrow will have worries and anxieties of its own trouble.”**

The word "worry" (Greek--merimna) means "anxiety, care, that which divides, distracts the mind and which draws a troubled person's mind in different directions." Sometimes the word is used of a healthy and helpful *concern* and *care* (**1 Corinthians 7:32, 34; 12:25; 2 Cor. 11:28; Phil. 2:20**), but it is also used of an unhealthy and harmful *concern* and *care*, which we call "WORRY."

Worry is proportional to our sense of security. When life is going as we plan we feel safe in our life routines, then worries subside. Likewise, worry increases when we feel threatened, insecure or are overly focused on and committed to some result. **1 Peter 5:7** says cast your cares upon Jesus because He cares for you. The practice of believers is to take our worries to Jesus in prayer and leave them with Him. This reinforces our dependence on, and faith in Jesus. Worries increase when we become focused on the things of this world. Jesus said the treasures of this world are subject to decay and can be taken away but heavenly treasures are secure (**Matthew 6:19**).

Therefore, set your priorities on God and not on money (**Matthew 6:24**) food and clothes.

No amount of worry will add even one hour to one's life (**Matthew 6:27**), although worry can cause stress, ulcers and mental problems that can have destructive health effects that shortens life.

Therefore, why worry?

The Bible teaches that we should deal with each day's problems when they occur and not be obsessed with future concerns that may not happen (**Matthew 6:34**).

In **Luke 10:38-42**, Jesus visits the house of the sisters Martha and Mary. Martha was busy with many details regarding making Jesus and his disciples comfortable. Mary, on the other hand, was sitting at the feet of Jesus listening to what he said. Martha complained to Jesus that Mary should be busy helping but Jesus told Martha that **"...you are worried and anxious about many things, but only one thing is needed. Mary has chosen what is better and it will not be taken away from her."** **Luke 10:41-42**

What is this one thing that freed Mary from the business and worries experienced by her sister? Mary chose to focus on Jesus, listen to Him and ignore the immediate demands of hospitality. I do not believe that Mary was being irresponsible, rather she wanted to experience and learn from Jesus first and later, when He was done speaking, she would fulfill her duties. Mary had her priorities straight. Put God first and He will free us from worries and take care of the rest of our concerns.

Worry is like a rocking chair—it's always in motion but it never gets you anywhere. So why do we struggle with it? And what good does it do?

Worry is the opposite of faith, and it steals our peace, physically wears us out, and can even make us sick. When we worry, we torment ourselves—we're doing the devil's job for him! Worry is caused by not trusting God to take care of the various situations in our lives. Too often we trust our own abilities, believing that we can figure out how to take care of our own problems. Yet sometimes, after all our worry and effort to go it alone, we come up short, unable to bring about suitable solutions.

The only way to have victory in our lives is to play by God's rules, and He says we must quit worrying if we want to have peace. So when things come our way that cause us to be concerned, we need God's help.

How do we get it?

**1 Peter 5:6,7** lists two important steps: 1) humble yourselves, and 2) cast your care on Him. That seems pretty clear and simple, yet some continue struggling because they're too bullheaded to ask for help. But the humble get the help. So if your way isn't working, why not try God's way? All of us would be better off if we'd learn to lean on God and ask for His help. But as long as we try to do everything ourselves, God will let us. He won't take care of our problems and worries—our cares—until we turn loose of them and give them to Him. Either we're going to do it or God's going to do it, but both of us aren't going to. Now, casting your care doesn't mean you can be irresponsible. God won't do for you what you can do yourself. You must do what you can do, and then trust God to do what you can't. When we humble ourselves and ask for His help, then He's able to release His power in our situations. It's only then that we can really enjoy life. So the cure for worry is humbling ourselves before God, casting our cares on Him, and trusting Him. Instead of making ourselves miserable trying to figure everything out on our own, God wants us to place our trust in Him and enter into His rest, totally abandoning ourselves to His care. I know that when we are able to believe and say, "God, I trust You," it will literally change our lives. **Psalm 37:3** says, "**Trust in the Lord and do good.**"... God didn't create us to worry about helping ourselves all the time. He wants us to sow good seed by reaching out to help others. When we simply trust God and get busy doing the good things we know to do, then He'll bring a harvest of blessings into our lives and meet our needs.

We must stop trying to make things happen the way we want and get to the place where we desire to do God's will and please Him more than ourselves. The Christ in us has to supersede what we want. Faith and the Word of God will help you overcome worry. Worrying involves negative thoughts, but speaking positive things out of your mouth will interrupt those negative thought patterns. When we are full of the Word of God, we can speak it out of our mouths in faith. In **Philippians 4:6,7**: "**Do not fret or have any anxiety about anything, but in every circumstance and in everything, by prayer and petition (definite requests), with thanksgiving, continue to make your wants known to God. And God's peace** [shall be yours, that tranquil state of a soul assured of its salvation through Christ, and so fearing nothing from God and being content with its earthly lot of whatever sort that is, that peace] **which transcends all understanding shall garrison and mount guard over your hearts and minds in Christ Jesus.**" If you're a Christian who goes around burdened or weighed down all the time, something is wrong. You may have had faith in Christ for salvation, but you haven't moved into walking in faith daily for the life that God has given you. The Bible tells us that God is faithful—that's one of His major characteristics. He can be counted on to come through for us, so we should trust Him totally and completely. When we do, we'll be ready for anything that may come our way.

#### WORRY OR WORSHIP?

Worry and worship are exact opposites, and we'd all be much happier if we learned to become worshippers instead of worriers. Worry opens the door for the devil, but worship is reverence and adoration for God that leads us into His presence. God created us to worship Him, and I don't believe we can walk in victory if we don't become worshippers. Sometimes when we don't have what we need or want, the enemy tries to discourage us and keep us from worshipping God. But when we know that God has our best interests at heart, we can worship Him regardless of our circumstances. Remember, God is good even when our circumstances are not! God doesn't always give us our heart's desire right away. He wants us to develop a deep, personal relationship with Him and an outrageous love for Him so much so that we can't live without it. This kind of relationship and love brings the worshipful attitude that God wants us to have.

To *worship* means "to reverence," or "to defer to." We are to have reverential fear and awe of God. We are to respect and honor Him, and defer to Him by submitting to and obeying Him, and adapt ourselves to His will. We must realize that Christ, living in us, has come to lead and guide us into a special lifestyle of worship and victorious living. When Satan throws worry on you, I challenge you to stop what you're doing, get down on your knees before God, and begin praising Him. Worship is a spiritual weapon, a warhead or bomb you can use against the enemy. Your prayers and worship will get you heavenly help, and you won't have to fight your own battles. God's grace and power can make things happen with ease that you can't bring about no matter how much you struggle.

So stop worrying about everything, give it to God, and live in grace.

Grace isn't just divine favor—it's power!

Don't waste another day of your life worrying!

Determine what your responsibility is and what it is not.

Don't try to take on God's responsibility!

When we do what we can do, God steps in and does what we can't.

So give yourself and your worries to God and begin enjoying the abundant life He has planned for you!