

Worry: A Burden to Cast on the Lord By Dr. Hugh Bair



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What is worry? Worry is a troubled state of mind that can cause anxiety, uneasiness and vexation of the spirit. It is prolonged stress that affects the heart, mind and breathing. Worry is a state of mind, an attitude of the heart, a feeling of the emotions. It is a form of fear. Simply, it is negative thinking --- about persons, places, things or conditions.

Alternatives to Worry

If worrying is not helpful, why do we do it? We don't have to worry, but we fail to realize there are other alternatives.

The Apostle Paul, in his letter to the Philippians, has a passage that clears up the destructive mental feelings of anxiety, frustrations, futility and depression. "The Lord is near. Do not be anxious about anything." We must develop a constructive philosophy of worry, a set of beliefs that emerges from the word of God.

Clarify the problem by getting the facts. We must deal effectively with the stresses of the present and move ahead into the future. That is God's plan. "And why take ye thought for raiment (clothing), consider the lilies of the field, how they grow; they toil not, neither do they spin." (Matthew 6:27-28)

Finally, we need to substitute prayer for worry. Continual prayer will be the safeguard against anxiety. During the last week of Jesus' life, he faced problems more difficult and painful than any person will ever face. Yet there is no evidence that he ever worried about them. On the night of his betrayal, according to the Scripture, he went to the Garden of Gethsemane to pray. He unburdened his soul to his disciples. "My soul is exceeding sorrowful unto death," He said. There are dark nights of the soul, times of worry and great anxiety. Jesus used the advice he knew from the Scriptures. We need to do the same. "Cast your burden on the Lord and He will sustain you," it says in Psalm 55:22. Jesus prayed a prayer of release in which he turned his burden and himself over to his Father. That prayer gave Jesus the ultimate courage, the courage to face the cross. So, why wouldn't we give our worry to the Father, also?