

(ABC's that threaten Christian living)

Worried And Troubled

By Dr. Gary M. Gulan, ©1986, (Rev. 99)

Timeless Truths (Why should I avoid being worried and troubled?)

1. The believer is commanded not to "take thought" or "worry" (Gr. "merimnao") about anything, Phil. 4:6; Matt. 6:25-34 (about life, i.e. food, drink, clothing). Being "worried" (Eng. "Worried" meaning "to strangle or choke") or "troubled" (Gr. "merimnao" meaning "to divide the mind" and "tarasso" meaning "to agitate") does not enhance or increase one's life in any way, but rather takes away from the quality of one's life.
2. False teaching can cause a Christian to be worried or "troubled" (Gr. "tarasso"), Gal. 1:7; and Christians should avoid false teaching, 1 Tim. 6:20-21.
3. Not obeying the truth can cause a Christian to be "troubled" (Gr. "tarasso"), Gal. 5:7-10; and Christians are instructed to be obedient, 2 Cor. 10:6; 1 Pt. 1:22
4. An incorrect understanding of the Word of God can cause a Christian to be "shaken in mind" (Gr. "saleuo" meaning "agitated or disturbed mentally"), 2 Thess. 2:1-2.
5. Unexpected affliction can cause a Christian to be "shaken" (Gr. "saino" meaning "to disturb, upset, or make uneasy"), 1 Thess. 3:1-3; or "troubled" (Gr. "thibo" meaning "to squeeze or press" i.e. distress), 2 Thess. 1:7; 2 Cor. 7:5; (Gr. "tarasso") 1 Pt. 3:14; (Gr. "kakopattheo") 2 Tim. 2:9. (Note: "fear," "lack of rest," and "pain" can bring worry and distress to the mind).

Practical Prescriptions (How can I avoid being worried and troubled?)

1. Cast your worries and troubles over to the Lord's care!

"... Casting all your care (Gr. "merimnao") upon Him, for He cares for you.," 1 Pt. 5:7.

2. Communicate your worries and troubles to the Lord in prayer!

"Be anxious (Gr. "merimnao") for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God..." Phil. 4:6.

3. Claim the truth that God has a plan for your life!

"And we know that all things work together for good to those who love God, to those who are the called according to His purpose," Rom. 8:28.

4. Capture thoughts which oppose God and His truth!

"... Casting down arguments and every high thing that exalts itself against the knowledge of God, bringing every thought into captivity to the obedience of Christ..." 2 Cor. 10:5.

5. Comfort yourself knowing God will repay those who trouble you!

"....That you may be counted worthy of the kingdom of God, for which you also suffer, since it is a righteous thing with God to repay with tribulation those who trouble you..." 2 Thess. 1:5-6.

6. Cling to the promise of future eternal rest!

"... Since it is a righteous thing with God to repay with tribulation those who trouble you, and to give you who are troubled rest with us when the Lord Jesus is revealed from heaven with His mighty angels," 2 Thess. 1:6-7.