

18 May 2014: Preached by Elder John Leong

Topic: **What the Bible says of Stress and Anxieties**

Scripture Text: Luke 12: 22-34

1. The reason for Jesus' teaching us not to worry from verse 22-34 is seen in the context of the earlier verses from v.13-21 that we should lay up treasures in Heaven and not on earth. We cannot serve 2 Masters. As Christian, we know we will choose the path that pleases God to set our affections on things above. We can then have a concern about our physical needs and who will take care of us if we focus on heavenly things.

2. Jesus knew our concern and worry about our needs and hence assure us not to worry as He is committed and will take care of us. He gave 6 wonderful and comforting lessons that we should not worry, nor be anxious and be not fearful.

3. The 6 lessons are:

(a) Worry is a failure to understand God's purpose for our lives (v.22-23). God saved us not to be an eating machine or a mannequin as our life is more than meat and raiment. As Christians, we exist with a spiritual purpose and God is committed to take care of our physical needs.

(b) Worry is a failure to understand God's provision (v.24). Jesus used the raven – a bird that is most fragile to teach us that if He can feed these birds who have no ability to produce food, He surely can provide for us who is more precious to Him.

(c) Worry is a failure to understand God's determined time for our lives (v.25-26). However we worry, we cannot increase our lifespan for a single day. The privilege to determine our lifespan on earth is God's and our worry will make no contributions at all.

(d) Worry is a failure to understand God's preference (v.27-29). Jesus used the example of His creation of the wild flower lilies to show that if He can design the flower so beautifully which is better than the design of king Solomon's clothes, how much more will He clothe and take care of us who is His preference and priority. As God's children, we are the apple of His eyes.

(e) Worry is a failure to understand God as our Father (v.30-31). We have a perfect Heavenly Father who knows all our needs. We need not be anxious as our Heavenly Father will provide for us.

(f) Worry is a failure to understand God's pleasure to give us His kingdom (v.32). We need not fear death and worry about dying. God is most gracious and willing to give us His Kingdom when we depart from this earth.

4. The Lord Jesus rebuked us in this passage "O ye of little faith". Indeed let us pray for more faith and have complete trust in our Lord and Saviour Jesus Christ who will take care of us and provide for us all our lives.