

# JESUS SAID, “DO NOT WORRY!”

(PART 1 of 2)  
March 7, 2022

**HEBREWS 13:6 NKJV – (6)** So we can confidently say, “The Lord is my helper; I will not fear; what can man do to me?”

In this passage above, the writer of Hebrews has offered direct, practical instructions for Christian living. Among these are concepts such as love, hospitality, purity, and contentment (**Hebrews 13:1–5**). The prior verse tied a Christian's ability to be content with his trust in God to provide for his needs. That reference was, most likely, a reference to God's promise to Joshua in **Deuteronomy 31:6** and **Joshua 1:5**.

Here, the writer further supports the claim that a believer ought to trust in God, rather than being unhappy with his current circumstances. The point made here is one that's very reasonable, but hard to remember when we're in a crisis. If the Creator of the universe, the one true God, says He will care for us (**1 Peter 5:7**) and work out all things for the good of those who love Him (**Romans 8:28**), then what possible reason would we have to fear circumstances on earth?

There are struggles in life that can become emotional strongholds – things that hold you hostage and keep you from wholeheartedly serving and trusting God and experiencing the abundant life He has promised. One of the most damaging strongholds is “**Worry**.” It is available for every age and is an obstacle to moving forward. When it is a stronghold in your life, it is a way of life.

People cope with worrying in a number of ways. None of these remedies work because the panic still sets in. In **Matthew 6:25, 31-34**, Jesus stated three times, “Do not worry!” The Greek translation used for “worry” is the concept of being strangled or choked. It leaves you frustrated when you ought to be free and if you are His disciple, then you should stop it. **So, you ask, “Who is He to tell me to stop worrying?”** Tune in next week as I remind you again, “Who said it and why He said it.”

**SCRIPTURE READING: PROVERBS 12:25**

**THOUGHT FOR THE WEEK:** Worrying does not take away tomorrow's troubles; but today's peace.

“A JOURNEY OF THE HEART”