

Troubles and Cares

Introduction

William Marshall:

For several years a woman had been having trouble getting to sleep at night because she feared burglars. One night her husband heard a noise in the house, so he went downstairs to investigate. When he got there, he did find a burglar. "Good evening," said the man of the house. "I am pleased to see you. Come upstairs and meet my wife. She has been waiting 10 years to meet you."

Matthew 6:25-34

Ian Maclaren:

What does your anxiety do? It does not empty tomorrow of its sorrow, but it does empty today of its strength. It does not make you escape the evil; it makes you unfit to cope with it when it comes. God gives us the power to bear all the sorrow of His making, but He does not guarantee to give us strength to bear the burdens of our own making such as worry induces.

- 1. Many troubles and cares in life are the result of much worry. It is a fact that we will experience troubles and cares in our lives. Troubles and cares are what keeps many from being able to serve God to their fullest potential.**
- 2. Wise Solomon wrote:**

Proverbs 24:10 If you faint in the day of adversity, Your strength is small.

Not Unique

1. Long ago in the book of job we are told concerning trouble:

Job 14:1 "Man who is born of woman Is of few days and full of trouble."

2. There are going to be others that trouble us, but we will receive a sweet rest if we overcome.

2 Thessalonians 1:6-8

3. The apostle Paul probably had more reason to give up and quit than anyone ever has, yet he stayed dedicated to Christ because he KNEW that Jesus would always be there for him - his time on earth was only temporary!

2 Corinthians 4:8-9

2 Corinthians 11:23-28

A. We're not alone in this. Each and everyone of us experience troubles and cares of life.

Where Do We Go for Help?

1. Alcohol and/or Drugs?

A. One gets lost in its world - lose their sense of reality.

2. Counselors or How to books?

3. What about God?

A. This should absolutely be the Christian's help!

Hebrews 13:6 So we may boldly say: "The LORD is my helper; I will not fear. What can man do to me?"

B. Can we really make that statement?

Matthew 10:28 And do not fear those who kill the body but cannot kill the soul. But rather fear Him who is able to destroy both soul and body in hell.

C. David wrote what is recorded in the 31st Psalm:
Psalms 31:7-10

1) David had troubles and cares but gave them over into the Lord's hand.
Psalms 31:15-17

D. Are we practicing righteousness? If so, we should know with all confidence who to go to for help.
1 Peter 3:12-15

E. Jesus tells us where to go for help with our cares
(*Matthew 6:25-34 - Scripture Reading*)

What Do We Do with Troubles and Cares?

1. Peter explains what we should do with our troubles and cares of life.

1 Peter 5:6-10

A. Look for strong Christians to talk to.

1) Get encouragement and help.

B. Seek out Christians who have been through trouble and have overcome.

1) The apostle Paul said:

Romans 8:18 For I consider that the sufferings of this present time are not worthy to be compared with the glory which shall be revealed in us.

**2) A firm hope will see us through our troubles and cares.
Romans 8:24-31**

Conclusion

1. **May we continue to let God control our life. We do this by turning our troubles and cares over to Him so that we can develop into the mature Christians we need to be.**
 - A. **Man cannot go through life able to deal with these troubles on his own. Many try and fail. We must let God take control of our life.**
 - 1) **Let God Direct!**

Jeremiah 10:23 O LORD, I know the way of man is not in himself; It is not in man who walks to direct his own steps.

2. **Let's be determined now to cast all of our troubles and cares upon Jesus!**
 - A. **He has promised to be there for us if we'll just put our life back into the hands of the one who gave it to us in the first place.**

Matthew 11:28-30 Come to Me, all you who labor and are heavy laden, and I will give you rest. Take My yoke upon you and learn from Me, for I am gentle and lowly in heart, and you will find rest for your souls. For My yoke is easy and My burden is light."

