



## You Worry Too Much

**P**eople, you worry too much!  
 Why do you worry so much?  
 What is it about worry that captures  
 your thoughts and energies ever so  
 diligently that you won't let go?  
 What does worry bring you? What  
 do you bring to yourself with your  
 worries? Do you worry about long  
 life? Do you worry about peace?

My son, forget not my law;  
 but let thine heart keep  
 my commandments: For  
 length of days, and long life,  
 and peace, shall they add  
 to thee. (Proverbs 3:1-2)

According to the Bible, if you  
 share your life with God and His  
 Word, the Bible, the benefit is long  
 life and peace. Today's medical



professions, drug companies,  
 and especially mass Medias are  
 highly proficient in introducing  
 into your living room reasons to  
 fear death and turmoil. *The  
 medical professions  
 have you believe that  
 you are going to the  
 next person to acquire  
 the world's most exotic  
 disease.* The drug companies  
 strain your budgets to the absolute  
 max as they soak you for every  
 penny they can, and they still can't  
 get enough. And, if that were not  
 enough, finally, the mass Media

comes in and gets you all lathered  
 up with the most fearful thoughts  
 and images of things that, honestly,  
 mankind should never have to see.  
 Folks, if you want to be worry free  
 in life and peace, you are going  
 to have to come back to God's  
 Word. Your way is not acceptable  
 and it will not produce worry-free  
 results.

And ye shall know that I have  
 sent this commandment unto  
 you, that my covenant might  
 be with Levi, saith the LORD  
 of hosts. My covenant was  
 with him of life and peace;  
 and I gave them to him for  
 the fear wherewith he feared  
 me, and was afraid before my  
 name. The law of truth was  
 in his mouth, and iniquity was

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not found in his lips: he walked with me in peace and equity, and did turn many away from iniquity. For the priest's lips should keep knowledge, and they should seek the law at his mouth: for he is the messenger of the LORD of hosts. But ye are departed out of the way; ye have caused many to stumble at the law; ye have corrupted the covenant of Levi, saith the LORD of hosts. (Malachi 2:4-8)

Every once in a while, I enjoy referencing the book of Malachi. It contains so many wonderful teachings to the Jews about why their doctrinal and practical systems had become so corrupt. It can spring from these teachings to trigger special thoughts in your day and time, hopefully to incite you to act with one purpose in mind – come back to God's Word and stop worrying about things so much.

The Levites were the priesthood for God's people. They were tasked with ministering to God and the people in the Temple. They had an awesome responsibility to say the least! But, man got involved and started telling the Levites what to do, and the Levites started listening somewhat. Things changed, and problems ensued. God made a covenant with Levi, a covenant of life and peace, and as long as the priesthood feared (respected) God in all the necessary ways, things went well and God did His part, which was highly significant and tremendous. In other words, their lives were worry-free! What kind of life did these priests live when things were going well? For one thing, the law of truth was in their mouths, and iniquity was not in their lips. They were really good people and obeyed God and His Word. This kept their lives peaceful and balanced with God.

But there was yet another aspect

that really turned me on. It says that the Levites "did turn many away from iniquity." They did this by studying God's Word, speaking God's Word, and acting as God's messengers. Everything went well until one day when they stopped doing this.

Now, what teaching point can you glean from this? How often do you study God's Word? How often do you speak God's Word? How often do you stand up for God and tell people what the Word says? ***Maybe, instead of worrying so much about life, you can turn your life around by helping other people realize the greatness of God's goodness.*** If you can force yourself to change, you can bring change to others!

Let's never forget what Romans teaches us:

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... not knowing that the goodness of God leadeth thee to repentance? (Romans 2:4)

If you can learn to change your “worrying” into “goodness” for others, just for a moment, try to imagine the volume of goodness you could then bring to others! After all, God’s goodness never fails.

... O mighty man? the goodness of God endureth continually. (Psalms 52:1)

If this is true, I’ve just given you something that can revolutionize your life!

Why do you worry? Is life that weird and strange, so out of control, so difficult, so unmanageable? Dear friends. It is time to come to grips with a very simple fact. ***You may be out of control, but God never is, and neither is His Word.***

If you ever want to get back in control, you’ve got to jump back on board the Word of God. There is simply no in-between with God and life and peace. Interestingly, you finally get to the place in your life where you can’t fake it anymore. If you are riddled with worry, your gross lack of life and peace will eventually bubble to the surface like a gummy sludge, dark, gross, slimy, and altogether stinky. Is that what you want? Honestly, that’s what most old people have to face up to. Take a walk into an old folks center sometime. You’ll be quite dismayed. Sure, there will be some very wonderful people, but there will be a lot of highly miserable people too. Why? Because they never took care of this part of their lives. It’s not too late for you.

***For they that are after the flesh do mind the things of the flesh; but they that are after the Spirit the things of the Spirit. For to***

***be carnally minded is death; but to be spiritually minded is life and peace. (Romans 8:5-6)***

It’s time to become spiritual people once again. It’s time to STOP minding the things of the flesh once again. Interesting how people cycle in and out of this craziness, isn’t it? It’s time to start minding the things of the Spirit – GOD! Folks, worry leads to death. Yes, I know that man is appointed to die. The Bible does say that. But, premature death is not supposed to be part of the Christian’s agenda. Worry is carnal. ***Too much worry WILL lead to a premature death.*** Sure, right now, you might think that everything is all well and good. You can drive to the bank, go to work, buy and sell your goods, and visit your friends. But one day, things will change. What will it be like that day? Will you be filled with life and peace, or will you be miserable. There is a turning point

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that takes place in a person's soul based on time and exposure. The results of your turning point are evidenced after enough time and exposure of a given thing. ***Only you can determine how much time you will spend worrying.*** Only you will determine how much time you will spend NOT reading God's Word. Only you will determine how much time you will spend NOT speaking God's Word. Only you will determine how much time you will spend NOT helping others with their desperate needs for God's goodness.

People, again I say, you worry too much! Why do you worry so much? What is it about worry that captures your thoughts and energies ever so diligently that you won't let go? What does worry bring you? What do you bring yourself with your worries? Stop worrying. Start dwelling on life and peace from God and His

Word. Start taking these wonders to others. Transform your life, and then seek to transform others! Stop worrying now and forever. For God's sake, and your's too, show me your spiritual side wherein is life and peace. I crave it and I must see it. Mustn't you?

Much love in Christ!

Jerry D. Brown