

Sin of Worry

by Charles E. Cowman

The sermon emphasizes the biblical command to refrain from worry, highlighting its harmful effects and the importance of trusting in God's care.

Scripture: Psalm 37:1, Proverbs 12:25, Matthew 6:25, Matthew 11:28, Philippians 4:6, 1 Peter 5:7

Topics: "Anxiety And Faith", "Trust In God"

Description

Charles E. Cowman preaches on the Divine command to 'Fret not' as stated in Psalms 37:1, emphasizing the harmful effects of fretting on oneself and others. Fretting is described as being in a state of vexation, which is not only injurious to one's health but also goes against God's desire for us to avoid hurting ourselves. The sermon highlights the importance of obedience to this command to maintain a healthy body and spirit, contrasting the peace of those who trust in a Heavenly Father's care with the anxiety of those who do not.

Transcript

"Fret not" (Ps. 37:1).

This to me is a Divine command; the same as "Thou shalt not steal." Now let us get to the definition of fretting. One good definition is, "Made rough on the surface." "Rubbed, or worn away"; and a peevish, irrational, fault-finding person not only wears himself out, but is very wearing to others. To fret is to be in a state of vexation, and in this Psalm we are not only told not to fret because of evildoers, but to fret not "in anywise." It is injurious, and God does not want us to hurt ourselves.

A physician will tell you that a fit of anger is more injurious to the system than a fever, and a fretful disposition is not conducive to a healthy body; and you know rules are apt to work both ways, and the next step down from fretting is crossness, and that amounts to anger. Let us settle this matter, and be obedient to the command, "Fret not."--Margaret Bottome

OVERHEARD IN AN ORCHARD

Said the Robin to the Sparrow:

"I should really like to know

Why these anxious human beings

Rush about and worry so?"

Said the Sparrow to the Robin:

"Friend, I think that it must be

That they have no Heavenly Father

Such as cares for you and me."

--Elizabeth Cheney

Source: <https://sermonindex.net/speakers/charles-e-cowman/sin-of-worry/>

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