

Don't Sweat the Small Stuff

➤ = next PowerPoint

➤ Intro:

- **“don't sweat the small stuff”**
 - phrase, concept that we shouldn't worry or get stressed out about things that don't really matter
- **illus.: Robert Eliot**
 - “Rule number one is, don't sweat the small stuff. Rule number two is, it's all small stuff.”
- **as Christians, we “don't sweat the small stuff”**
 - but to us some things in life are “big stuff” which we should sweat

➤ Things not directly related to salvation are the “small stuff”

- **Phil. 2:12** obey, work out salvation with fear and trembling
 - if it doesn't have to do with salvation, it's small stuff
- **illus.: Lk. 14:26** must hate father, mother, wife, children, brother, sister, and own life to follow Jesus
 - love God more than anyone or anything
 - things of God and salvation are the “big stuff”, everything else is “little stuff”
- **illus.: Matt. 10:28** not fear those who can kill body, but God who can destroy both body and soul in hell
 - **Rom. 14:8** live to the Lord, die to the Lord, whether live or die we are the Lord's
 - **2 Cor. 5** Christians welcome death, when put on immortality and be with Lord forever
 - things of God and salvation are the “big stuff”, everything else is “little stuff”
- **illus.: Shadrach, Meshach and Abed-nego not worship idol (Dan. 3)**
 - story:
 - **King Nebuchadnezzar** made a **90' tall gold idol**
 - **law:** when music played everyone had to worship the idol, or they'd be thrown into a burning hot furnace
 - **Shadrach, Meshach and Abed-nego didn't sin**, disobeyed the king, didn't worship the idol
 - **Dan. 3:13-18** king's conversation with Shadrach, Meshach and Abed-nego
 - **not sweat the small stuff, whether live or die**
 - **king was angry**, had furnace fired up 7 times hotter than before
 - **young men in the furnace**
 - **those who carried them** to the furnace killed by the flames
 - **Shadrach, Meshach and Abed-nego fell in**
 - **but One like the Son of God** was in the furnace with them
 - **saved**, not die, hair not singed, clothes not even smell like smoke
 - **because they didn't sweat the small stuff and were willing to die rather than sin, the king glorified God**
 - **Dan. 3:28** yielded up their bodies
 - **often times when we don't sweat the small stuff**, and people see our courage, they glorify God, even if they're not Christians
- **conclusion:** things pertaining to salvation are the “big stuff”, everything else is the “little stuff”

➤ **Matters concerning physical life are the “small stuff”**

- **basic necessities** are “small stuff” – food, clothing
 - **Matt. 6:25, 27, 28a, 31-33** food and clothing “small stuff” – kingdom of God is “big stuff”
- **matters of everyday life** are “small stuff” – sleep, wake, work, school, recreation, etc.
 - **2 Tim. 2:4** not entangle self in everyday life – not entangle is “small stuff”
 - **illus.: Mary and Joseph**
 - **Mary conceived** a child by the Holy Spirit – shame, pregnant without a husband
 - **Joseph was engaged** to Mary, found out she was pregnant, was going to put her away – shame
 - **Joseph told by angel** that Mary was pregnant by the by the Holy Spirit, and not to be afraid to take her to be his wife – faith
 - **they got married**, but Mary remained a **virgin till after Jesus was born** – obedience
 - **poor, had to travel to Bethlehem** for a census, Mary gave birth in a stable, Jesus kept in a manger used to feed animals – perseverance
 - **Herod tried to kill Jesus** so they had to move to **Egypt** without going home to get their stuff
 - **Herod died and they had to move to Nazareth**, living out their lives as Galileans, low on the social-economic ladder
 - **Jesus’ parents didn’t sweat the small stuff**, maybe that’s why they made good parents for the Lord
 - **illus.: Jesus**
 - **boy and young man**: trained as carpenter, lowly Nazarene, nothing of a physical nature that made Him special (no comeliness)
 - **ministry**: homeless, not have a place to lay his head, didn’t own property and not have wealth, died as an innocent man on a cruel cross
 - **Jesus didn’t sweat the small stuff**, He concentrated on accomplishing His mission
- **wealth is “small stuff”** – career, job, earnings, savings, personal balance sheet, retirement
 - **Mk. 8:36** what will it profit if gain whole world and lose soul – profit, money, “small stuff”
 - **illus.: rich man**
 - **land productive** and had an abundant harvest
 - **decided to pull down old barns and build bigger ones** to have room to store crops, that way he could not worry about working but rather party (eat drink and be merry)
 - **God called Him a fool, he died, his soul was required** of him that night, all physical possessions taken away
 - **Jesus: “So is the man who stores up treasure for himself, and is not rich toward God.”**
 - **accumulating wealth is the “small stuff”** – laying up treasure in heaven is the “big stuff”
- **human interpersonal relationships** are “small stuff” – family, friends
 - **Matt. 10:34-39** Jesus came to bring sword
 - **we love our neighbors, but whether they love us back** is “small stuff”
 - **if someone doesn’t like you as a Christian**, don’t sweat the “small stuff”
 - **our relationship with Jesus (God) is “big stuff”** – all other relationships are “small stuff”
 - **illus.:** myself, before marriage, badly wanted to meet a girl I could marry, committed first to serving God even if He chose to have be live single for life
 - **find a spouse, getting married, having a family is “small stuff”** – obeying Jesus is “big stuff”

➤ **How not to sweat the small stuff** – priorities, attitude

- strong, abiding, unwavering faith in God, based on His word

- **Rom. 10:17** faith comes by hearing (**Rom. 1:16; 1 Th. 2:13**)

- good Bible students, always learning, applying God's word, changing our lives

- **1 Pet. 2:2** feed upon God's word like a new born baby feeds on milk, grow

- strong desire to learn God's word, follow through, obey

- **1 Jn. 5:4** the victory that overcomes the world is our faith (**Rom. 10:17; 1:16; 1 Th. 2:13**)

- faith resulting in obedience to God (**Heb. 11; Ja. 2**)

- believe without any doubt that God hears our prayers and answers, doing what's best for us every time

- **Matt. 7:7-11** God gives good gifts (ask, seek, knock)

- totally and completely turn ourselves over to God, in faith, without doubt, without wavering, knowing He always does what's best – not sweat the “small stuff”

- learn to be contentment

- **Phil. 4:11-13** learn to be content, and do all things through Christ

- when we're content we don't sweat the “small stuff”, then we can devote ourselves wholly to God

- enjoy the peace of God

- **Phil. 4:4-7** peace that surpasses understanding guards heart and mind

- when we are at peace we don't sweat the “small stuff”, then we can overcome any problem to the glory of God

➤ **Summary / Inv.**

- as Christians, we don't sweat the small stuff, because we're sweating the big stuff and letting God take care of everything else

- “big stuff” is the things of salvation, everything else is “small stuff”

- we sweat the “big stuff” and God takes care of the “small stuff” for us

- Are you sweating the “big stuff” of God, or the “small stuff” of physical life?

- **inv.:** sweat the right stuff, and God will take care of everything else for you

- #1: be a faithful Christian