

How to Replace Your Worry With Worship

“He who is mighty has done great things for me, and holy is His name. His mercy is on those who fear him” (Luke 1:49-50a).

One of the lessons we learn from Mary’s example is to replace worry with worship. It’s okay to be concerned about your life and to make plans for your future. But Jesus says do not worry (Matt. 6:25–34). Worship is what we can do instead of worry.

Mary was a young woman with a lot to worry about, but she sings instead because she understands the goodness and richness of God’s character. Her theology (who God is) shapes her biography (who she is) and culminates in doxology (how she lives her life, in worship). She doesn’t start her song with all of her concerns or complaints toward God. Instead, she proclaims who God is, and the truth of His goodness eclipses all other concerns and carries her through tough times.

What if the worry is simply too overwhelming? What if you don’t feel like worshipping? I’ll let you know a little secret: You worship your way into worship. You don’t sing because you always feel it. Sometimes you sing until you feel it.

When you’re suffering, struggling and sinning, Satan can whisper in your ear, “God is hurting you,” or, “God is tired of you.” But Satan is a liar. God does great things. Satan wants you to run from God rather than to him. He wants you to be worrying, rather than worshipping.

What are you absolutely distressed about right now? Have you worshipped about it? A strange thing happens when we shift our focus from our problems to God’s glory. He gets bigger, which

puts our worry in perspective. That's not to say that God trivializes our suffering; on the contrary, He sympathizes with us (Heb. 4:15). But His goodness, His power, His grace, His love are large enough to absorb all of the sin and pain and heartache of the world, relieving the burdens that would crush us if we tried to carry them.

What are you absolutely distressed about right now? Have you worshipped about it and shifted your focus from your problem to your God, who rules over it? {eoa}

Mark Driscoll is a Jesus-following, mission-leading, church-serving, people-loving, Bible-preaching pastor and the author of many books, including *Spirit-Filled Jesus*, which you can order [here](#). He currently pastors The Trinity Church in Scottsdale, Arizona, with his family. For all of pastor Mark Driscoll's Bible teaching, please visit or download the app. You can download a free devotional e-book from pastor Mark [here](#).