

WANT TO OVERCOME WORRY AND ANXIETY?

(This is not in outline form, but sermon presentation form.)

Philippians 4:6-7

Most of the time we do not need to wear a label to advertise that we are worried or anxious. It is plainly seen by all. We tend to be overly talkative, we tend to be overly quiet, we tend to be short-tempered, we overeat, we stop eating, we withdraw, we busy ourselves excessively, we are just not our "normal" selves.

There are some Christians who are obedient to the command to "be anxious for nothing," but for many it is very hard not to be anxious. There is a song that says, "...take your burden to the Lord, and leave it there..." Jesus wants us to bring every burden, every worry, every anxiety and every difficulty to Him. (*2 Timothy 1:12*)

If we truly know Jesus, we know that He is not only able but willing and ready to carry the load, IF WE WILL JUST ALLOW HIM TO DO SO. (*1 Peter 4:19*)

Nowhere does Jesus say that believers will not have difficult times, but on the contrary. However, the believer who is TRULY COMMITTED to Jesus will always find that Jesus is with him/her, regardless of how difficult things may be. (*Psalm 37:5*)

- IF the believer commits his/her ways unto the Lord, he/she can rest assured that he/she will never stray from the Lord.
- IF the believer commits all to the Lord, there is absolutely NO reason for worry and anxiety. (*Psalm 55:22; 1 Peter 5:7*)

Just how much does the Lord really care for the believer?

- He watches over His children with His eye. (*Psalm 34:15*)
- He listens to their prayers with His ears. (*1 Peter 3:12*)
- He instructs His children through His Word. (*Deuteronomy 33:3*)
- He loves His children with His whole heart. (*1 John 3:1*)
- He supports His children by His strong hands. (*John 10:28-29*)
- He leads His children by His Holy Spirit. (*Romans 8:14*)
- He encourages His children through great and precious promises that cannot be broken. (*2 Peter 1:4*)
- Upon the heart of each believer He places the unbreakable seal of the Holy Spirit. (*Romans 8:9; Ephesians 4:30*)

Now, have YOU suffered disappointment in someone? Are you disappointed in things around you?

- IF you are a believer, then remember that "... **ALL THINGS work to the good of them that love the Lord and are obedient to Him...** "
- Understand it or not, it is God's promise and it cannot be broken.

Are you discouraged? So was Joshua.

Are you bereaved over a loved one? So were Mary and Martha.

Are you sick in the body? So were many that Jesus healed.

Do you have a "thorn" in the flesh? So did Paul, but the Lord told him that grace and strength would be given to him to endure and sustain.

Are you living in poverty? Are you worrying about food and clothing? Elijah was fed by the birds and angels.

God shall supply your every need just as he does for the birds, lilies and nature.

Are you afraid of people? Are you afraid to face the future or even death? (*Hebrews 13:5-6; 2 Chronicles 19:9*)

God cares for His own as a gardener cares for his vineyard. (*Isaiah 27:3*)

God protects His own as the apple of His eye. (*Deuteronomy 32:10*)

As the eyelid instantly protects the eyeball from foreign objects, so God watches over His own and acts instantly for the good of the believer.

God protects His own as a mother protects her child. (*Isaiah 49:15; Romans 8:31-39*)

Hardship is not always the worst - "ship" in life. If the believer is in the center of God's will, that hardship will most often lead to fellow-"ship" with Jesus.

David was persecuted by Saul but found fellowship in the Lord.

Paul found that when he was weak, the Lord made him strong.

John, exiled on the isle of Patmos, had the glorious experience of seeing Jesus and receiving the "Revelation."

Paul and Silas' prison experience turned into rejoicing and salvation for the chief jailer and his family.

Joseph's hardship was being sold into slavery, but God turned it into governorship of all Egypt and the restoration to his family.

Trials, tribulations and testing make possible victories and triumphs in the Lord and these make the Lord even more precious than ever before to the believer. (*1 Peter 1:7*)

When we are tried and tested, let us not allow those things to become stumbling blocks but stepping stones.

We have the promise of Jesus that "*...I will never leave thee nor forsake thee...*"

Doubt will make us worry about our safety. (Peter)

Anxiety will make us worry about the affairs in the home. (Martha)

Fear will make us worry about the future and will fill our hearts with dread and fear of death.

Fretting will make us worry about the prosperity of unbelievers when by contrast the believer just barely gets by.

Trouble will cause us to worry about the persecution, the unfairness from the wicked, unless we have our minds stayed on Jesus and allow Him to bring judgment.

Too much Care will hinder the fruitfulness of the soul and will lead to spiritual poverty instead of leading to spiritual prosperity.

Discouragement will cover the soul with black despair and cause us to murmur and complain as the children of Israel did at Mt. Sinai.

If you are filled with anxiety, fear and fretting, take all these things in one big bundle and lay them at the feet of the Lord. He wants you to, He invites you to do just that.

Our God neither slumbers nor sleeps. We have the assurance that His eyes are upon the believer every moment.

When the look of the believer's faith meets the look of God's love, INSTANT communion and fellowship result.

Believers who worry, fret and live in anxiety need to remind themselves frequently that they are what they are, possess what they possess and look forward to all heaven holds, all because of the Lord Jesus.

May the Lord God help us all to have faith in Him, casting all our care upon Him for He cares for us.