

How To Win Over Worry? – Part 4

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- ✓ **Worry and anxiety is the direct result of a fruitless search for life's answers out of your human mind.**
- ✓ **If you face a new problem, then the answer is going to have to come from the Lord.**
- ✓ **When you are searching for the answer in your mind by going over and over the problem to look for the solution, you only cause yourself more anxiety and frustration.**
- ✓ **Worry is a direct result of believing the wrong thing.**
- ✓ **What you do during a time of pressure is really determined before you get to that time of pressure.**

A huge key in life is to not wait until pressure comes to get ready for the pressure. You must get ready ahead of time.

You must make a plan on how you will respond to life's challenges with your faith.

Faith is not pretending the battle will not take place.

1. **You always fall back on the right things you have been doing all along; especially what you have been doing in the little things.**
 - ✓ Prepare for the trial in advance.

When you are under pressure, you never rise to the occasion; you fall back to the level of your preparation.

2. **You keep doing what you have always known to do, and it will put you in a place where if you need something new, it will be made available to you.**

When that happens, you can use it and not have to go back to the old thing.

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Philippians 4:6 NKJV

(6) Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God;

The Bible does not teach us to have a “happy-go-lucky” attitude towards life where we are not realistic and pretend that life is not happening to us.

Nor does it teach us to believe that everything comes at the will of God and passes through His hands and we should not resist certain things that happen in life.

There are going to be things that we will encounter in life that are clearly not God’s will for us and we should resist them.

Philippians 4:6 NKJV

(6) ***Be anxious for nothing***, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God;

We are wired and created to fix things. Your mind works to come up with solutions to fix things. Anything that threatens us, annoys us, or bothers us, we want to fix it to keep it from happening again.

Once we have gone through some type of difficulty, we don’t want to experience that again, so we try to fix whatever caused the difficulty.

We do have situations that arise in life that we do not have the ability to fix. They are bigger than we are, tougher than we are, and beyond our control. Your mind is wired to find answers and solutions and will race to try and find them and this leads to worry.

However, Paul is telling us in this verse *NOT* to worry.

God never leaves us in a vacuum. With every “don’t” there will always be an alternative “do.”

Paul tells us not to worry but he also tells us to pray about everything.

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The Bible does not tell us to “believe in the power of prayer.” The Bible does teach us to believe in the power of God and His promises to us.

Just because you pray does not mean you will receive an answer. There are loads of people that pray and do not receive an answer because they pray wrong.

If all you do in prayer is “get everything off your chest” to God and “pour your heart out to Him,” then you may feel a little better because you have unloaded but that does not mean that you will receive help from Heaven.

The Bible teaches us that Jesus is aware of how you feel in your particular situation because He has encountered all of those feelings before.

Hebrews 4:15 NKJV

(15) For we do not have a High Priest who cannot sympathize with our weaknesses, but was in all points tempted as we are, yet without sin.

Hebrews 4:15 AMPC

(15) For we do not have a High Priest Who is unable to understand and sympathize and have a shared feeling with our weaknesses and infirmities and liability to the assaults of temptation, but One Who has been tempted in every respect as we are, yet without sinning.

You don't have to sell Jesus on how bad you are hurting.

Here is the difference between God and us: He feels what you feel but His not moved to action by His feelings or your feelings. If He was, then He would not be fair in His dealings with man because we could figure out how to appeal to His emotions to get the amount of help that we need.

Sympathy is not what you need. You need an answer and help!

The Bible teaches us to make our requests known to God.

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Philippians 4:6 NKJV

(6) Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, ***let your requests be made known to God;***

Mark 10:46-52 NKJV

(46) Now they came to Jericho. As He went out of Jericho with His disciples and a great multitude, blind Bartimaeus, the son of Timaeus, sat by the road begging.

(47) And when he heard that it was Jesus of Nazareth, he began to cry out and say, "Jesus, Son of David, have mercy on me!"

(48) Then many warned him to be quiet; but he cried out all the more, "Son of David, have mercy on me!"

(49) So Jesus stood still and commanded him to be called. Then they called the blind man, saying to him, "Be of good cheer. Rise, He is calling you."

(50) And throwing aside his garment, he rose and came to Jesus.

(51) So Jesus answered and said to him, "What do you want Me to do for you?" The blind man said to Him, "Rabboni, that I may receive my sight."

(52) Then Jesus said to him, "Go your way; your faith has made you well." And immediately he received his sight and followed Jesus on the road.

Notice Jesus asked him what he wanted. Wasn't it obvious what Bartimaeus needed? Jesus wanted the man to answer with his request to the Lord. He does not ask how bad life has been as a blind man.

Don't just describe the problem to the Lord but pray the answer to your problem.

Acts 4:23-31 NKJV

(23) And being let go, they went to their own companions and reported all that the chief priests and elders had said to them.

(24) So when they heard that, they raised their voice to God with one accord and said: "Lord, You are God, who made heaven and earth and the sea, and all that is in them,

(25) who by the mouth of Your servant David have said: 'WHY DID THE NATIONS RAGE, AND THE PEOPLE PLOT VAIN THINGS?'

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(26) THE KINGS OF THE EARTH TOOK THEIR STAND, AND THE RULERS WERE GATHERED TOGETHER AGAINST THE LORD AND AGAINST HIS CHRIST.'

(27) "For truly against Your holy Servant Jesus, whom You anointed, both Herod and Pontius Pilate, with the Gentiles and the people of Israel, were gathered together

(28) to do whatever Your hand and Your purpose determined before to be done.

(29) Now, Lord, look on their threats, and grant to Your servants that with all boldness they may speak Your word,

(30) by stretching out Your hand to heal, and that signs and wonders may be done through the name of Your holy Servant Jesus."

(31) And when they had prayed, the place where they were assembled together was shaken; and they were all filled with the Holy Spirit, and they spoke the word of God with boldness.

You must develop a working knowledge of God's Word so that you know what God's will is for your life.

1 John 5:14-15 NKJV

(14) Now this is the confidence that we have in Him, that if we ask anything according to His will, He hears us.

(15) And if we know that He hears us, whatever we ask, we know that we have the petitions that we have asked of Him.

Philippians 4:6 NKJV

(6) Be anxious for nothing, but in everything by prayer and supplication, ***with thanksgiving***, let your requests be made known to God;

He goes on to say, "...with thanksgiving..." Pray your prayer, making your request to Him and then give Him thanks for the answer.

This is the prayer of faith. It is not the prayer of magic. This is because there is time between the prayer and when the answer arrives.

There is a confidence that arises in your heart the more that you give thanks for the answer.

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Philippians 4:7 NKJV

(7) and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus.

The more you give thanks for the answer, the peace of God will become a guard over your heart and mind.

In this story we see two principles that will help us to overcome worry and anxiety in our lives and show us where the answer comes from:

2 Chronicles 20:1-11 NKJV

(1) It happened after this that the people of Moab with the people of Ammon, and others with them besides the Ammonites, came to battle against Jehoshaphat.

(2) Then some came and told Jehoshaphat, saying, "A great multitude is coming against you from beyond the sea, from Syria; and they are in Hazazon Tamar" (which is En Gedi).

(3) And Jehoshaphat feared, and set himself to seek the LORD, and proclaimed a fast throughout all Judah.

(4) So Judah gathered together to ask help from the LORD; and from all the cities of Judah they came to seek the LORD.

(5) Then Jehoshaphat stood in the assembly of Judah and Jerusalem, in the house of the LORD, before the new court,

(6) and said: "*O LORD God of our fathers, are You not God in heaven, and do You not rule over all the kingdoms of the nations, and in Your hand is there not power and might, so that no one is able to withstand You?*

(7) Are You not our God, who drove out the inhabitants of this land before Your people Israel, and gave it to the descendants of Abraham Your friend forever?

(8) And they dwell in it, and have built You a sanctuary in it for Your name, saying,

(9) 'If disaster comes upon us--sword, judgment, pestilence, or famine--we will stand before this temple and in Your presence (for Your name is in this temple), and cry out to You in our affliction, and You will hear and save.'

(10) And now, here are the people of Ammon, Moab, and Mount Seir--whom You would not let Israel invade when they came out of

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the land of Egypt, but they turned from them and did not destroy them--

(11) here they are, rewarding us by coming to throw us out of Your possession which You have given us to inherit.

- 1. Recall the promises of God's Word, place your focus on them and pray over them.**

2 Chronicles 20:12-13 NKJV

(12) O our God, will You not judge them? *For we have no power against this great multitude that is coming against us; nor do we know what to do, but our eyes are upon You.*"

Notice he did not just leave his statement at, "We don't know what to do." He ended it with, "...but our eyes are upon you."

(13) Now all Judah, with their little ones, their wives, and their children, stood before the LORD.

- 2. You must get peace in your mind so that you can get the answer you are seeking from God.**

The peace comes when you begin by saying, "My mind does not have the answer but my God and His promises do have the answer." If you don't have peace first, the answer or solution does not come and it comes from your spirit.

2 Chronicles 20:14-25 NKJV

(14) Then the Spirit of the LORD came upon Jahaziel the son of Zechariah, the son of Benaiah, the son of Jeiel, the son of Mattaniah, a Levite of the sons of Asaph, in the midst of the assembly.

(15) And he said, "Listen, all you of Judah and you inhabitants of Jerusalem, and you, King Jehoshaphat! Thus says the LORD to you: 'Do not be afraid nor dismayed because of this great multitude, for the battle is not yours, but God's.

(16) Tomorrow go down against them. They will surely come up by the Ascent of Ziz, and you will find them at the end of the brook before the Wilderness of Jeruel.

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(17) You will not need to fight in this battle. Position yourselves, stand still and see the salvation of the LORD, who is with you, O Judah and Jerusalem!" Do not fear or be dismayed; tomorrow go out against them, for the LORD is with you."

(18) And Jehoshaphat bowed his head with his face to the ground, and all Judah and the inhabitants of Jerusalem bowed before the LORD, worshipping the LORD.

(19) Then the Levites of the children of the Kohathites and of the children of the Korahites stood up to praise the LORD God of Israel with voices loud and high.

(20) So they rose early in the morning and went out into the Wilderness of Tekoa; and as they went out, Jehoshaphat stood and said, "Hear me, O Judah and you inhabitants of Jerusalem: Believe in the LORD your God, and you shall be established; believe His prophets, and you shall prosper."

(21) And when he had consulted with the people, he appointed those who should sing to the LORD, and who should praise the beauty of holiness, as they went out before the army and were saying: "Praise the LORD, For His mercy endures forever."

(22) Now when they began to sing and to praise, the LORD set ambushes against the people of Ammon, Moab, and Mount Seir, who had come against Judah; and they were defeated.

(23) For the people of Ammon and Moab stood up against the inhabitants of Mount Seir to utterly kill and destroy them. And when they had made an end of the inhabitants of Seir, they helped to destroy one another.

(24) So when Judah came to a place overlooking the wilderness, they looked toward the multitude; and there were their dead bodies, fallen on the earth. No one had escaped.

(25) When Jehoshaphat and his people came to take away their spoil, they found among them an abundance of valuables on the dead bodies, and precious jewelry, which they stripped off for themselves, more than they could carry away; and they were three days gathering the spoil because there was so much.

There is always a way! There is always a solution!

**God has a thousand answers or solutions to every problem we face.
All you and I need is one.**