

The Unshakable Life — Don't Worry

This last week I was reading a news article that was filled with fear and anxiety about the things that are about to happen in our world. Everything the author was saying indicated impending doom and disaster. It was obvious that they were looking at things without faith and trust in God. We are serving a sovereign, almighty, and all knowing God.

Philippians 4:6 HCSB Don't worry about anything, but in everything, through prayer and petition with thanksgiving, let your requests be made known to God.

Philippians 4:6 NIV Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God.

Worry is a destructive mental and spiritual process that is contrary to God's love, care, and protection. Worry has a powerfully destructive process that always anticipates the negative and destructive. Worry negatively affects the spirit, body and mind. It will steal your joy, peace and faith! God has made it possible for you to conquer the spiritual and mental habit of worry and anxiety. The Holy Spirit spoke to the early church and said, "Don't worry about anything, but make your request about everything known to God in prayer."

Matthew 6:30-34 NKJV Now if God so clothes the grass of the field, which today is, and tomorrow is thrown into the oven, will He not much more clothe you, O you of little faith? "Therefore do not worry, saying, 'What shall we eat?' or 'What shall we drink?' or 'What shall we wear?'" For after all these things the Gentiles seek. For your heavenly Father knows that you need all these things. But seek first the kingdom of God and His righteousness, and all these things shall be added to you. Therefore do not worry about tomorrow, for tomorrow will worry about its own things. Sufficient for the day is its own trouble.

Jesus gave us a specific list of things that we should not worry about.

Don't worry about clothes, food, what you drink or the future.

Then He gave us a specific reason for putting away worry.

"For your heavenly Father knows that you need all these things."

Do you believe that your Father in heaven will take care of you?

Philippians 4 helps us develop the right attitude about things in life.

Philippians 4:4-9 NKJV Rejoice in the Lord always. Again I will say, rejoice! Let your gentleness be known to all men. The Lord is at hand. Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be

made known to God; and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus. Finally, brethren, whatever things are true, whatever things are noble, whatever things are just, whatever things are pure, whatever things are lovely, whatever things are of good report, if there is any virtue and if there is anything praiseworthy—meditate on these things... and the God of peace will be with you.

The word for “worry” and “anxious” combines two Greek words.

‘Merizo’ means ‘divide’ and ‘Nous’ which means ‘mind.’ It literally means to have a ‘divided mind.’ **James 1:8 defines this condition by saying:** “*A double-minded man is unstable in all of his ways.*” To be double-minded is to be wavering, uncertain, doubting, divided in interest. A double minded person is uncertain and unstable about everything they think, feel and plan.

Worry causes a ‘divided mind’ or ‘double mind.’

A believer’s nature is to have unshakable and unmovable faith and trust in God.

God has given us help in overcoming worry and anxiety!

First, we must find good things in life and CHOOSE to REJOICE.

Philippians 4:4 NIV Rejoice in the Lord always. I will say it again: Rejoice!

We must develop a life of rejoicing. We can choose to rejoice since we know that God is working on our behalf to turn all things for our good. It may be difficult at times to see how God can do this. The more you know about God the easier it is to have faith and trust in Him. God is able to turn anything around for our good. That brings us to the next step in a worry-free life.

Second, identify the situations that initiate worry and CHOOSE to TRUST INSTEAD.

Philippians 4:6 NIV Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God.

As soon as you identify those situations that cause worry or anxiety, take action to build trust.

CELEBRATE everything God has done for you.

You should know that God has done many wonderful things for you.

Psalms 103 lists many of the good things God does.

Psalm 103:3-5 NLT He forgives all my sins and heals all my diseases. He redeems me

from death and crowns me with love and tender mercies. He fills my life with good things. My youth is renewed like the eagle's!

Put your FULL TRUST in God.

How can we develop trust in God?

1 Peter 5:7 NIV84 Cast all your anxiety on Him because He cares for you.

Psalms 46:1 NKJV God is our refuge and strength, A very present help in trouble.

Proverbs 3:5–6 NKJV Trust in the LORD with all your heart, And lean not on your own understanding; In all your ways acknowledge Him, And He shall direct your paths.

You can trust the Lord in every situation.

We demonstrate our trust most when we take the third step in conquering worry.

Third, in faith, CHOOSE TO PRAY.

Psalms 55:22 Amplified Cast your burden on the Lord [releasing the weight of it] and He will sustain you; He will never allow the [consistently] righteous to be moved (made to slip, fall, or fail).

Prayer is a demonstration of your trust in God.

Philippians 4:6 NIV84 Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God.

Trustful prayer and worry cannot live together. When we openly talk to God, things change. Prayer is an exercise of believing and trusting God. This goes far beyond getting everything that we want. In prayer, we are saying, "I trust you God!" When we pray, we should practice thanksgiving. For prayer to be effective, we must learn how to present our request to God. Then we need to give God praise and thanksgiving for everything that He does. We have this confidence that God works all things for our good.

Stand on God's promises in prayer for every situation.

Sickness / Healing

Jeremiah 30:17 God says, I will restore health to you And heal you of your wounds...

Isaiah 53:5 But He was wounded for our transgressions, He was bruised for our iniquities; The chastisement for our peace was upon Him, And by His stripes we are healed.

Burdened

Psalm 55:22 Cast your burden on the LORD, And He shall sustain you...

Safety

Deuteronomy 31:8 ...the LORD... goes before you and will be with you.. He will not leave or forsake you; do not fear nor be dismayed.

Deuteronomy 33:27 The eternal God is your refuge, And underneath are the everlasting arms; He will thrust out the enemy from before you

Fear / Trouble

Psalm 9:9–10 The LORD also will be a refuge... in times of trouble. Those who know His name will put their trust in Him; for the LORD has not forsaken those who seek Him.

Protection

Psalm 91:14–16 **God said,** When we set our love upon Him, He will deliver us, answer us, be with us in trouble; satisfy us with a long life, and show us His salvation.

2 Timothy 4:18 The Lord will deliver me from every evil work and preserve me for His heavenly kingdom.

Food / Supplies

Philippians 4:19 And my God shall supply all your need according to His riches in glory by Christ Jesus.

Matthew 6:31–33 ...do not worry, about, 'What you will eat, drink, or wear... For your heavenly Father knows that you need all these things. But seek first God's kingdom and righteousness, and all these things shall be added to you.

Brokenhearted

Psalm 147:3 NKJV He heals the brokenhearted and binds up their wounds.

When I fall

Micah 7:8 When I fall, I will arise; When I sit in darkness, The LORD will be a light to me.

Zephaniah 3:17 NKJV The LORD your God in your midst, The Mighty One, will save; He will rejoice over you with gladness, He will quiet you with His love, He will rejoice over you with singing.”

Trouble / Temptation

Romans 8:37–39 ...in all these things we are more than conquerors through Him who

loved us. I am persuaded that... nothing shall be able to separate us from the love of God which is in Christ Jesus our Lord.

1 Corinthians 10:13 NKJV God is faithful, who will not allow you to be tempted beyond what you are able, but will make the way of escape, so you may be able to bear it.

This brings us back to the definition of worry and the fourth step to conquering worry and anxiety.

The Greek word for “worry” means to divide the mind, to be troubled in thought and heart. You are pulled in different directions. Our faith, hopes and dreams pull one way and fear, doubt, and worry takes us another direction. God says one thing and our fears, doubts, and anxiety says something else. We must fill our mind and heart with God’s word.

Fourth, we must learn to THINK LIKE GOD WANTS US TO THINK.

Our thought processes must be governed by God and His Word.

1 Peter 1:13 NIV Therefore, prepare your minds for action; be self-controlled; set your hope fully on the grace to be given you when Jesus Christ is revealed.

Something amazing happens when we fill our mind and heart with God’s Word and think like God wants us to think.

Philippians 4:8 gives us help with our thought life.

If you want to stay positive and conquer worry and anxiety, think on these things.

Think on whatever things are true.

Keep false thoughts out of your mind.

Stop speculating on bad things that could happen.

Think on things that are worthy of respect.

Think about honest, good, and respectable things.

Think on things that are just.

Think about things that are ethical, just, impartial and righteous in the eyes of the Lord.

Think on things that are pure.

Think about things that are uncontaminated, stainless, blameless, and clean.

Think on things that are lovely.

Think about things that are beautiful, magnificent, and in good taste.

Think on things that are commendable or of a good report.

Think about good reports and not bad reports.

Think on things that are excellent and worthy of praise.

So here are steps we need to take to stop anxiety and worry.

- Choose to rejoice
- Choose to trust
- Choose to pray
- Change the way you think