

# Worry

## A Misplaced Act Of Faith

Doubt and worry are acts of worship to our fears. It reveals a lack of trust and confidence in God and Jesus. When we give in to our worries and let them consume our hearts and minds, while destroying our peace given to us by God. We have told God that His love and power is insufficient for our needs and desires. This turns into fear that actively slaughters our joy and peace in a massacre of demonic activity. Satan loves this so much, as he knows it draws us away from God and Jesus- the source of our hope and sufficiency. In this study we will disarm the power worry has over our hearts and minds.

## What Is Worry & How Do We Feed It?

### *Worry Is Sin.*

**Romans 14:23** “But he who doubts is condemned if he eats, because it isn’t of faith; and whatever is not of faith is sin.”

### *Worry Is The Very Opposite Of What God Has Given Us.*

**2 Timothy 1:7** “For God didn’t give us a spirit of fear, but of power, love, and self-control.”

### *Worry Is Serving Another Master.*

**Matthew 6:24** “No one can serve two masters, for either he will hate the one and love the other, or he will be devoted to the one and despise the other. You cannot serve God and money.”

### *Worry Is Often Demanding Your Way Over God’s.*

**Matthew 6:10** “may your kingdom come, may your will be done on earth as it is in heaven.”

**Matthew 26:42** “He went away a second time and prayed, “My Father, if this cup cannot be taken away unless I drink it, your will must be done.”

### *Worry Is Often Forgetting What God Has Done In His Faithfulness.*

**Psalms 105:4-5** “Seek the LORD and the strength he gives! Seek his presence continually! (5) Recall the miraculous deeds he performed, his mighty acts and the judgments he decreed,”

**Jeremiah 29:11-14** “For I know what I have planned for you,’ says the LORD. ‘I have plans to prosper you, not to harm you. I have plans to give you a future filled with hope. (12) When you call out to me and come to me in prayer, I will hear your prayers. (13) When you seek me in prayer and worship, you will find me available to you. If you seek me with all your heart and soul, (14) I will make myself available to you,’ says the LORD. ‘Then I will reverse your plight and will gather you from all the nations and all the places where I have exiled you,’ says the LORD. ‘I will bring you back to the place from which I exiled you.”

## ***Worry Is Often Birthed Through Focusing On The Physical And Not The Spiritual.***

**Matthew 6:25-33** “Therefore I tell you, do not worry about your life, what you will eat or drink, or about your body, what you will wear. Isn’t there more to life than food and more to the body than clothing? (26) Look at the birds in the sky: They do not sow, or reap, or gather into barns, yet your heavenly Father feeds them. Aren’t you more valuable than they are? (27) And which of you by worrying can add even one hour to his life? (28) Why do you worry about clothing? Think about how the flowers of the field grow; they do not work or spin. (29) Yet I tell you that not even Solomon in all his glory was clothed like one of these! (30) And if this is how God clothes the wild grass, which is here today and tomorrow is tossed into the fire to heat the oven, won’t he clothe you even more, you people of little faith? (31) So then, don’t worry saying, ‘What will we eat?’ or ‘What will we drink?’ or ‘What will we wear?’ (32) For the unconverted pursue these things, and your heavenly Father knows that you need them. (33) But above all pursue his kingdom and righteousness, and all these things will be given to you as well.”

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

# **How To Destroy The Altar Of Worry**

## **Win On The Battlefield Of The Mind**

**1 Timothy 6:12** “Fight the good fight of faith. Take hold of the eternal life to which you were called, and you confessed the good confession in the sight of many witnesses.”

**As we stand our ground and defend the peace and joy given to us by God, we must remember that it is a battle like no other. It is within us. Most people sleepwalk and are tossed to and fro by every emotion and situation. Some even come to enjoy the misery of it. This is not God’s way. These precious gifts came at a very high price for God and Jesus. Let us not just trash them by so freely giving up these gifts. Our motto is not: “I feel therefore I am”, it is: “I am a child of God and will respond in like manner!”**

**1 Peter 5:8-9** “Be sober and self-controlled. Be watchful. Your adversary, the devil, walks around like a roaring lion, seeking whom he may devour. (9) Withstand him steadfast in your faith, knowing that your brothers who are in the world are undergoing the same sufferings.”

**Lamentations 3:22-26** “It is because of Yahweh’s loving kindnesses that we are not consumed, because his compassion doesn’t fail. (23) They are new every morning. Great is your faithfulness. (24) “Yahweh is my portion,” says my soul. “Therefore I will hope in him.” (25) Yahweh is good to those who wait for him, to the soul who seeks him. (26) It is good that a man should hope and quietly wait for the salvation of Yahweh.”

## **How To Win The Mental Battle: Remember- You are not what you feel!**

### **☒ Believe, Believe, Believe.....**

**John 14:1** “Let not your heart be troubled. You believe in God, believe also in Me.”

### **☒ Increase Your Experiential Faith By Reading The Words Of God.**

**Romans 10:17** “So faith comes by hearing, and hearing by the word of God.”

### **☒ Focus On God.**

**Isaiah 26:3-4** “You will keep him in perfect peace, whose mind is stayed on You; because he trusts in You. (4) Trust in Jehovah forever; for in the LORD JEHOVAH is everlasting strength.”

**James 4:13-15** “Come now, you who say, “Today or tomorrow we will go into this or that town and spend a year there and do business and make a profit.” (14) You do not know about tomorrow. What is your life like? For you are a puff of smoke that appears for a short time and then vanishes. (15) You ought to say instead, “If the Lord is willing, then we will live and do this or that.”

### **☒ Don't Allow Worry To Rule You.**

**Colossians 3:15** “And let the peace of God rule in your hearts, to which you also are called in one body, and be thankful.”

### **☒ Deal With Life One Day At A Time.**

**Matthew 6:34** “So then, do not worry about tomorrow, for tomorrow will worry about itself. Today has enough trouble of its own.”

**1 Thessalonians 5:16-18** “Always rejoice, (17) constantly pray, (18) in everything give thanks. For this is God's will for you in Christ Jesus.”

### **☒ Never Stop Rejoicing Over Your Blessings.**

**John 16:33** “I have told you these things, that in me you may have peace. In the world you have trouble; but cheer up! I have overcome the world.”

**Philippians 4:4** “Rejoice in the Lord always! Again I will say, “Rejoice!”

**We don't know how long we will retain our current blessings. So, all should be accounted for and enjoyed. Stop striving in the endless goal of the elusive “more”. Instead, rest in the blessings of today.**

### **☒ Learn To Stop Striving For More.**

**Philippians 4:11-13** “Not that I speak according to need, for I have learned to be content in whatever state I am. (12) I know both how to be abased, and I know how to abound. In everything and in all things I am instructed both to be full and to be hungry, both to abound and to suffer need. (13) I can do all things through Christ who strengthens me.”

**James 4:3** “You ask, and don't receive, because you ask with wrong motives, so that you may spend it on your pleasures.”

### **☒ Rest Assured That God Is On Your Side And Working On Your Behalf.**

**Psalms 4:8** “I will lie down, both in peace and in sleep. For You alone, Jehovah, make me dwell in safety.”

**Proverbs 3:19-26** “By wisdom Yahweh founded the earth. By understanding, he established the heavens. (20) By his knowledge, the depths were broken up, and the skies drop down the dew. (21) My son, let them not depart from your eyes. Keep sound wisdom and discretion: (22) so they will be life to your soul, and grace for your neck. (23) Then you shall walk in your way securely. Your foot won’t stumble. (24) When you lie down, you will not be afraid. Yes, you will lie down, and your sleep will be sweet. (25) Don’t be afraid of sudden fear, neither of the desolation of the wicked, when it comes: (26) for Yahweh will be your confidence, and will keep your foot from being taken.”

## Cast Your Cares On Him!

**1 Peter 5:6-7** “Humble yourselves therefore under the mighty hand of God, that he may exalt you in due time; (7) casting all your worries on him, because he cares for you.”

**Psalms 55:22** “Cast your burden on Yahweh, and he will sustain you. He will never allow the righteous to be moved.”

**Matthew 11:28-30** “Come to me, all you who labor and are heavily burdened, and I will give you rest. (29) Take my yoke upon you, and learn from me, for I am gentle and humble in heart; and you will find rest for your souls. (30) For my yoke is easy, and my burden is light.”

**Proverbs 3:5-6** “Trust in Jehovah with all your heart, and lean not to your own understanding. (6) In all your ways acknowledge Him, and He shall direct your paths.”

© **NOTE- One Of The Things I Learned To Do Is To Say The Following: “I only accept God’s will in this matter.”**

When we realize that not every thought is our own, that the devil wants us to entertain make-believe problems, worries, and outcomes, than we can defeat him by saying that we only accept God’s will on the matter. This way we don’t give the deceitful fears power through the misplaced faith of worry.

**2 Corinthians 10:5** “pulling down imaginations and every high thing that exalts itself against the knowledge of God, and bringing into captivity every thought into the obedience of Christ.”

## Don’t Forsake The Blessings Of Joy And Peace

These verses prove to us that there is another way to live. There is another power other than fear and doubt. What we see is that many given to worry have left the joy of their first love. They have forgotten the pleasure of when they first fell in love with God. They have lost the joy of the salvation they now possess.

**Revelation 2:4-5** “But I have against you that ***you left your first love***. (5) Therefore remember from where you have fallen, and repent, and do the first works, or else I will come to you quickly and will remove your lamp stand out of its place unless you repent.

**You see “Joy and Worry” compete for the same piece of ground in your heart.**

**☒ The Joys Given.**

**Nehemiah 8:10** “Then he said to them, “Go your way. Eat the fat, drink the sweet, and send portions to him for whom nothing is prepared, for today is holy to our Lord. Don’t be grieved, for the **joy of Yahweh** is your strength.”

**1 Thessalonians 1:6-7** “You became imitators of us, and of the Lord, having received the word in much affliction, with **joy of the Holy Spirit**, (7) so that you became an example to all who believe in Macedonia and in Achaia.”

**Philippians 1:25-26** “And having this confidence, I know that I shall remain and continue with you all, for your advancement and **joy of faith**, (26) so that your rejoicing may be more abundant in Jesus Christ for me by my coming to you again.”

**Psalms 51:12** “Restore to me **the joy of your salvation**. Uphold me with a willing spirit.”

**☒ The Peace That Passes Understanding.**

**Philippians 4:6-7** “Do not be anxious about anything. Instead, in every situation, through prayer and petition with thanksgiving, tell your requests to God. (7) And the **peace of God that surpasses all understanding** will guard your hearts and minds in Christ Jesus.”

**☒ Then Paul Describes How To Fully Utilize And Activate This Peace.**

**Philippians 4:8-9** “Finally, brothers and sisters, whatever is true, whatever is worthy of respect, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if something is excellent or praiseworthy, think about these things. (9) And what you learned and received and heard and saw in me, do these things. And the God of peace will be with you.”

# Disobedience Brings Worry. Obedience Brings Peace & Hope

Now some people step outside of God’s will and His protection through disobedience. They live in fear of judgment and their rebellion will catch up to them. In this, they have chosen retribution. For this worry is the wages of their rebellion. These people have every reason to worry. Often Christians enter this place of disobedience through a failure to fully commit their ways to God. They try to walk in the World and in the Spirit. The wise children of God walk in the spirit and leave worry behind through obedience.

**Galatians 6:7-8** “Don’t be deceived. God is not mocked, for whatever a man sows, that he will also reap. (8) For he who sows to his own flesh will from the flesh reap corruption. But he who sows to the Spirit will from the Spirit reap eternal life.”

**I have learned walking in rebellion and sin destroys our peace and hope in God’s goodness. This must be avoided and we must walk humbly with our God. If we do not obey, then the devil will use our sins against us and will inflict our spirits with constant doubts and worries.**



**Psalms 119:165-168** “Those who love your law have great peace. Nothing causes them to stumble. (166) I have hoped for your salvation, Yahweh. I have done your commandments. (167) My soul has observed your testimonies. I love them exceedingly. (168) I have obeyed your precepts and your testimonies, for all my ways are before you.”

**Joshua 1:6-9** “**Be strong and brave!** You must lead these people in the conquest of this land that I solemnly promised their ancestors I would hand over to them. (7) **Make sure you are very strong and brave!** Carefully obey all the law my servant Moses charged you to keep! Do not swerve from it to the right or to the left, so that you may be successful in all you do. (8) This law scroll must not leave your lips! You must memorize it day and night so you can carefully obey all that is written in it. Then you will prosper and be successful. (9) **I repeat, be strong and brave! Don’t be afraid and don’t panic, for I, the LORD your God, am with you in all you do.**”

**Romans 8:5-11** “For they who are according to the flesh mind the things of flesh, but they who are according to the Spirit the things of the Spirit. (6) For to be carnally minded is death, but to be spiritually minded is life and peace (7) because the carnal mind is enmity against God, for it is not subject to the Law of God, neither indeed can it be. (8) So then they who are in the flesh cannot please God. (9) But you are not in the flesh, but in the Spirit, if the Spirit of God dwells in you. But if anyone has not the Spirit of Christ, he is none of His. (10) And if Christ is in you, indeed the body is dead because of sin, but the Spirit is life because of righteousness. (11) But if the Spirit of the One who raised up Jesus from the dead dwells in you, the One who raised up Christ from the dead shall also make your mortal bodies alive by His Spirit who dwells in you.”

## God Will Not Let His Saints Fall

**Psalms 37:1-40** “Don’t fret because of evildoers, neither be envious against those who work unrighteousness. (2) **For they shall soon be cut down like the grass, and wither like the green herb. (3) Trust in Yahweh, and do good. Dwell in the land, and enjoy safe pasture. (4) Also delight yourself in Yahweh, and he will give you the desires of your heart. (5) Commit your way to Yahweh. Trust also in him, and he will do this: (6) he will make your righteousness go out as the light, and your justice as the noon day sun. (7) Rest in Yahweh, and wait patiently for him.** Don’t fret because of him who prospers in his way, because of the man who makes wicked plots happen. (8) Cease from anger, and forsake wrath. Don’t fret, it leads only to evildoing. (9) For evildoers shall be cut off, **but those who wait for Yahweh shall inherit the land.** (10) For yet a little while, and the wicked will be no more. Yes, though you look for his place, he isn’t there. (11) **But the humble shall inherit the land, and shall delight themselves in the abundance of peace.** (12) The wicked plots against the just, and gnashes at him with his teeth. (13) The Lord will laugh at him, for he sees that his day is coming. (14) The wicked have drawn out the sword, and have bent their bow, to cast down the poor and needy, to kill those who are upright on the path. (15) Their sword shall enter into their own heart. Their bows shall be broken. (16) **Better is a little that the righteous has, than the abundance of many wicked.** (17) For the arms of the wicked shall be

broken, **but Yahweh upholds the righteous.** (18) **Yahweh knows the days of the perfect. Their inheritance shall be forever.** (19) **They shall not be disappointed in the time of evil. In the days of famine they shall be satisfied.** (20) But the wicked shall perish. The enemies of Yahweh shall be like the beauty of the fields. They will vanish—vanish like smoke. (21) The wicked borrow, and don't pay back, **but the righteous give generously.** (22) **For such as are blessed by him shall inherit the land.** Those who are cursed by him shall be cut off. (23) **A man's goings are established by Yahweh. He delights in his way.** (24) **Though he stumble, he shall not fall, for Yahweh holds him up with his hand.** (25) I have been young, and now am old, **yet I have not seen the righteous forsaken, nor his children begging for bread.** (26) **All day long he deals graciously, and lends. His offspring is blessed.** (27) Depart from evil, and do good. Live securely forever. (28) For Yahweh loves justice, **and doesn't forsake his saints. They are preserved forever,** but the children of the wicked shall be cut off. (29) **The righteous shall inherit the land, and live in it forever.** (30) **The mouth of the righteous talks of wisdom. His tongue speaks justice.** (31) **The law of his God is in his heart. None of his steps shall slide.** (32) The wicked watches the righteous, and seeks to kill him. (33) **Yahweh will not leave him in his hand, nor condemn him when he is judged.** (34) **Wait for Yahweh, and keep his way, and he will exalt you to inherit the land.** When the wicked are cut off, you shall see it. (35) I have seen the wicked in great power, spreading himself like a green tree in its native soil. (36) But he passed away, and behold, he was not. Yes, I sought him, but he could not be found. (37) **Mark the perfect man, and see the upright, for there is a future for the man of peace.** (38) As for transgressors, they shall be destroyed together. The future of the wicked shall be cut off. (39) **But the salvation of the righteous is from Yahweh. He is their stronghold in the time of trouble.** (40) **Yahweh helps them, and rescues them. He rescues them from the wicked, and saves them, Because they have taken refuge in him."**

#### **Don't Doubt Or Forget That God Fights For You.**

**[Joshua 23:3](#)** "You saw everything the LORD your God did to all these nations on your behalf, for the LORD your God fights for you."

**[Joshua 23:10-11](#)** "One of you makes a thousand run away, for the LORD your God fights for you as he promised you he would. (11) Watch yourselves carefully! Love the LORD your God!"

#### **Remember When You Walk With God, All Things Produce Good In Your Life.**

**[Romans 8:28-30](#)** "We know that all things work together for good for those who love God, to those who are called according to his purpose. (29) For whom he foreknew, he also predestined to be conformed to the image of his Son, that he might be the firstborn among many brothers. (30) Whom he predestined, those he also called. Whom he called, those he also justified. Whom he justified, those he also glorified."

**[Hebrews 13:20-21](#)** "Now may the God of peace, who brought again from the dead the great shepherd of the sheep with the blood of an eternal covenant, our Lord Jesus, (21) make you complete in every good work to do his will, working in you that which is well pleasing in his sight, through Jesus Christ, to whom be the glory forever and ever. Amen."

### ✚ Dwelling With God Produces Safety And Protection.

**Psalms 91:1-16** “He who dwells in the secret place of the Most High will rest in the shadow of the Almighty. (2) I will say of Yahweh, “He is my refuge and my fortress; my God, in whom I trust.” (3) For he will deliver you from the snare of the fowler, and from the deadly pestilence. (4) He will cover you with his feathers. Under his wings you will take refuge. His faithfulness is your shield and rampart. (5) You shall not be afraid of the terror by night, nor of the arrow that flies by day; (6) nor of the pestilence that walks in darkness, nor of the destruction that wastes at noonday. (7) A thousand may fall at your side, and ten thousand at your right hand; but it will not come near you. (8) You will only look with your eyes, and see the recompense of the wicked. (9) Because you have made Yahweh your refuge, and the Most High your dwelling place, (10) no evil shall happen to you, neither shall any plague come near your dwelling. (11) For he will put his angels in charge of you, to guard you in all your ways. (12) They will bear you up in their hands, so that you won’t dash your foot against a stone. (13) You will tread on the lion and cobra. You will trample the young lion and the serpent underfoot. (14) “Because he has set his love on me, therefore I will deliver him. I will set him on high, because he has known my name. (15) He will call on me, and I will answer him. I will be with him in trouble. I will deliver him, and honor him. (16) I will satisfy him with long life, and show him my salvation.”

## The Command Of Our Savior

### Keep Your Heart Pure, Free Of Fear & Worry!

**John 14:26-27** “But the Counselor, the Holy Spirit, whom the Father will send in my name, he will teach you all things, and will remind you of all that I said to you. (27) Peace I leave with you. My peace I give to you; not as the world gives, give I to you. Don’t let your heart be troubled, neither let it be fearful.”

### ➡ How Do We Do This? We Must Be Convinced Of Who God Is!

**1 John 4:7-19** “Beloved, let’s love one another, for love is of God; and everyone who loves has been born of God, and knows God. (8) He who doesn’t love doesn’t know God, **for God is love**. (9) By this God’s love was revealed in us, that God has sent his one and only Son into the world that we might live through him. (10) In this is love, not that we loved God, but that he loved us, and sent his Son as the atoning sacrifice for our sins. (11) Beloved, if God loved us in this way, we also ought to love one another. (12) No one has seen God at any time. If we love one another, God remains in us, and his love has been perfected in us. (13) By this we know that we remain in him and he in us, because he has given us of his Spirit. (14) We have seen and testify that the Father has sent the Son as the Savior of the world. (15) Whoever confesses that Jesus is the Son of God, God remains in him, and he in God. (16) We know and have believed the love which God has for us. God is love, and he who remains in love remains in God, and God remains in him. (17) In this love has been made perfect among us, that we may have boldness in the day of judgment, because as he is, even so are we in this world. (18) There is no fear in love; but perfect love casts out fear, because fear has punishment. He who fears is not made perfect in love. (19) We love him, because he first loved us.”



**2 Corinthians 13:11** “Finally, brothers, rejoice. Be perfected, be comforted, be of the same mind, live in peace, and the God of love and peace will be with you.”

**1 Corinthians 13:13** “But now faith, hope, and love remain—these three. The greatest of these is love.”

## Our Attitude In All Situations

**Daniel 3:17-18** “If our God whom we are serving exists, he is able to rescue us from the furnace of blazing fire, and he will rescue us, O king, from your power as well. (18) But if he does not, let it be known to you, O king, that we don’t serve your gods, and we will not pay homage to the golden statue that you have erected.”

As we close: worry can stem from a lot of issues and sins. I have seen a great sin in striving in life against what God wants for us. People act as if God is not able to fulfill His will in our lives. They set about demanding, fussing, and fighting to achieve their own goals, forsaking the goals of God on the way. Then as they stretch hard for their demands, fear and worry build in their hearts of not receiving their desires.

It is desire I have learned that invites more worry, stress, and headache into our lives. Desire is the opposite of relinquishing our will to receive God’s. If we truly believe God loves us, that He wants to bless us with good, that He wants to take care of us and our desires, then why must we strive and wrestle with our desires? I have learned this is a dangerous place to be and sin stalks at the door of the heart. Yet, I have felt a freedom and joy in just saying “I accept Your will, God. I am yours, do what you will with me. For You love me more than I can love myself. You have greater power to bless me than I can bless myself. I wouldn’t even be alive if it wasn’t for You and I cannot sustain my life without Your will, God.”

You see, family, control is an illusion for those who wish to exhaust themselves with the desires of lust for more. We truly have no power on our own. God’s will be done in our lives, take a deep breath and trust the One who is keeping you alive, who gave you life, and who is saving your soul. Stop striving, live obediently to His will, and just be happy that God and Jesus are with you, even to the end of the age. The rest will work itself out one way or another, and we know that if we are in God’s will, it will ultimately be for our good.