

BREAK Free - Worry

Confession... I worry...

chances are pretty good that for many of us, You've been held prisoner to the sin of worry...raise hands...

- A lot of people think worry is a friend. They don't say it, but that's the way we live... We almost hold on to worry.
- Christians, you might not say, "I worry." You just call it concern.
- You know, you try to make it sound good, but the truth of the matter is, you are worried and you hold on to it.
- And you almost think, "I've got to do this, because if I don't, something even worse could happen."
- Some of us when there's nothing going wrong and there's nothing to worry about, you worry about that. There's got to be something to worry about.

What we've got to recognize is that we will never break free from being a hostage to worry until we recognize that worry is not our friend. It is one of our worst enemies.

What is worry? **We could say worry is the sin of distrusting the promises and the power of God.**

That's what it is. It is a sin, and we must acknowledge it. It is the sin of distrusting the promises and the power of God, and it did not come from God.

2 Timothy 1:7 For God has not given us a spirit of fear and timidity, but of power, love, and self-discipline.

What did Jesus say about the subject of worry? He said quite a bit.

Matthew 6:25 "That is why I tell you not to worry about everyday life—whether you have enough food and drink, or enough clothes to wear. Isn't life more than food, and your body more than clothing?"

It means your mental life, your physical life, your emotional life, your spiritual life.

so many of us, even as believers, what do we do?

We stay awake at night playing the "what if" game, going over the different scenarios, agonizing in fear and tension.

Our stomach gets in knots. ulcers. headaches. neck and our back gets tight. high blood pressure. We are stressed. We can't sleep. We take it out on people.

we are prisoner to the sin of worry.

HOW TO BREAK FREE FROM THE GRIP OF WORRY

Number one, "I will do what God tells me to do."

there are a lot of people that are Christians, and in my opinion, they over spiritualize everything. "Everything God's going to do. God's just going to do everything at all."

- You know, sometimes people will be unemployed, and they'll be like, "Dude, are you looking for a job?" "Nope." "I'm just waiting on God to bring me a job."
- "Uh, you hope to get married?" "Yep." "Have you left the house?" "Nope."
- some people are like broke all the time. What's your plan? "God's going to send me 6 numbers."

In James 1:22, "Do not merely listen to the word and so deceive yourself, but "Do what it says." Now, what is God going to ask you to do? I, I don't know for sure,

1. "God will ask me to think on the right things."

2 Corinthians 10: We destroy every proud obstacle that keeps people from knowing God. We capture their rebellious thoughts and teach them to obey Christ.

Oh, my goodness, I'm worried about this," and we recognize, "This is not a God thought. This is a thought based on fear and this does not come from God." I take that runaway thought captive and I make it obedient to Christ. I can do that.

Phil 4:8 And now, dear brothers and sisters, one final thing. Fix your thoughts on what is true, and honorable, and right, and pure, and lovely, and admirable. Think about things that are excellent and worthy of praise.

Because the Gospel is true....
 Negative thoughts – hope
 Depression – joy
 Anxiety, worries – peace

We re-train our minds, not to run down the road of worry, because that's honestly, what many of us have trained our minds to do.

Process - To re-train our minds, it may take some time... month, 6 months, year...

But one day as you immerse yourself in the truth of His word over and over and over again, He may renew your mind, and then all of a sudden, you just have faith thoughts. Instead of responding with fear, you've naturally and by the power of the Spirit, He has re-trained your mind to think according to His word instead of according to fear.

2. **Do what is wise.**

James 1:5-6 If you need wisdom, ask our generous God, and He will give it to you. He will not rebuke you for asking. 6 But when you ask Him, be sure that your faith is in God alone. Do not waver, for a person with divided loyalty is as unsettled as a wave of the sea that is blown and tossed by the wind.

- For example, if you don't have a job, it would be wise to build a resume. It'd be good to talk to somebody. That would be wise.
- If your kids are dishonoring God, it might be wise to pray for them. book on parenting.
- if your marriage is struggling, wise to call a Christian counselor. "We need other Christian couples to speak into our lives.... Chili's outing on Tuesday..."
- If you want to get married and you haven't had a date in a long time, you could go out and be around some people of the opposite sex who are not married.

That would be wise. You can smile at them. You can be nice to them. You can brush your teeth, use deodorant, brush your hair.

Number two, "I will give God what I cannot do."

Philippians 4:6-7 Don't worry about anything; instead, pray about everything. Tell God what you need, and thank Him for all He has done. 7 Then you will experience God's peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus.

Now, what typically happens? If you are anything like me, what will happen is this. I'll go, "Okay, this is bothering me, God. Okay, God, I give this to You. God, here it is. God, take it. I trust You with it. Huh? You're taking a long time, God. I'm getting nervous. Nothing is happening, so God, I'm taking it back."

That's what we often do, and that's where worry is born. We don't really trust God with it. Why not? The problem is, in our minds, we're too big and our God is too small. That's why we worry, because we think we can do far more than we can, and our God is too small.

When we get a right view of God, that changes everything.

I want to ask you some yes/no questions, and you can respond.

- Can you heal someone of cancer? . Can God do that? Yes.
- Well, we can go to the doctor. We can get good advice, but ultimately, we have to trust God to do what He can do.
- Can you protect your kids from all danger? No. Okay. Can God? Yes, so we give that to God.
- can you change your spouse? No. Can God do that? Yes. And God can change you, too, so we give this to God.

Can your worry change anything at all? No.

Can God change anything at all? He can change whatever He wants to change.

1 Peter 5:7 Give all your worries and cares to God, for He cares about you.

3rd thought for the day. No matter what happens I will trust God.

Matthew 6:33-34 Seek the Kingdom of God above all else, and live righteously, and He will give you everything you need. 34 "So don't worry about tomorrow, for tomorrow will bring its own worries. Today's trouble is enough for today.

You want to stop worrying? It looks like this. No matter what, I'll trust God. That's the picture that you need to see.

- If God does what I think He should do, I trust Him.
- If God doesn't do what I think He should do, I trust Him.
- If I pray and believe God for a miracle and He does it, I trust Him.
- If my worst nightmare comes about, I believe He is sovereign and is good.
- And when I walk with Him for enough days and see just how faithful He is, then I realize I don't have to worry ever again, because He told me not to, and because He told me that my Heavenly Father cares for me,

Proverbs 3:5-6 Trust in the LORD with all your heart; do not depend on your own understanding.
6 Seek His will in all you do, and He will show you which path to take.

I don't know what you are worried about today, but I know that worry has held me captive for far too long...it's time to Break Free.

I believe He is who He says He is. He is capable. He is willing, and He is able. So, will you say it with me? "I will do, I will do what God asks me to do. I will give God what I cannot do, and no matter what, I will trust God."

Conclusion - Bow heads

"God, help me overcome the sin of worry." That's you today, would you lift up your hands right now? Let me just pray for you.

Today, if you are worried about something. I want you to give it a name just in your mind right now, and then just kind of under your breath or silently in a prayer to God say, "God, I just give," and just tell Him what you're worried about..."

Maybe you worry about your standing with God.

"Have I done too many things wrong? Have I done enough good things?"

Recognize you're sinful and how could God ever forgive me, it's actually a good thing that you recognize that because, because your sin is separating you from God.

That's why it was so important when God sent His Son, Jesus, that Jesus was born of a virgin, because He didn't inherit the sin nature from this world. He was totally sinless. So, Jesus could be the perfect sacrifice for our sins. Jesus shed His blood on a cross. He died. He was buried. He rose again.

Now, how are we made right with God? Scripture says this. It's not by works. There's not a person good enough on planet earth. You cannot work your way to God.

Scripture says it is only by the grace of God, because of what Jesus did, that we are forgiven. It is the gift of God, eternal life is the gift of God through Jesus Christ our Lord. Scripture says this, "Anyone." There's a big word. That includes you. No matter what you've done, no matter how you feel about yourself, no matter what's happened in your life, anyone who calls on the name of the Lord will be saved. Call on Him.

Pray, "Heavenly Father, save me from my sins. I turn to You. Make me new. Jesus, I believe You died for me and You rose again so I could live for You. Fill me with Your Spirit. Make me brand new. I put my life in You. Take it. Make it Yours. You are my Savior. You are now my Lord. Thank You for new life. Now You have all of mine. In Jesus' name I pray.