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FREEDOM FROM WORRY, ANXIETY AND DISTRESSING CARE

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FREEDOM FROM WORRY, ANXIETY, AND DISTRESSING CARE

I. God's Will Is Peace.

- A. **I Corinthians 7:27-35** – Paul encourages people to come to grips with their lot in life and not allow anything to make them anxious or load them down with cares.
 - 1. **Verse 32a** – *My desire is to have you free from all anxiety and distressing care.*
- B. **Colossians 3:15** – Let peace rule as an umpire in your life.
- C. **Philippians 4:6-7** – Be anxious for NOTHING.

II. Grace And Peace Be Multiplied To You.

- A. **II Peter 1:2** – This was a popular greeting for their day.
- B. A greeting with a message
 - 1. If we don't have knowledge of grace, we won't have peace.
- C. Grace is a free gift that cannot be earned. It is God's power coming to us – free of charge – to help us accomplish God's will for us.
 - 1. **James 4:6** – Grace is the power of the Holy Spirit. We not only can have grace; but we can also have grace, grace, and more grace.

- D. Grace is received through faith.
 - 1. **Ephesians 2:8-9** – By grace, through faith
 This is a pattern for our lives.
 - 2. Faith is like a lamp; grace is like the electric power. Unless my faith is plugged into the grace of God, I still won't get any results. Unless my lamp is plugged into the electric socket, I still won't get any light.
 - 3. No matter how great my lamp is, I must have electric power for it to do any good.
- E. We can be guilty of too much talk about faith and not enough about grace.
- F. How can we possibly have any peace if we don't understand grace?
 - 1. We will be frustrated and struggling with every issue in life, trying to make things happen ourselves instead of trusting God.
- G. **Romans 11:6** – If it is by works, then it is not by grace. If it is of grace, it is not of works. **Grace and works cannot cohabit together.**

III. Worry Is Works (Our Work Trying To Do God's Job).

- A. **I Peter 5:6-7** – We humble ourselves by casting our care.
 - 1. Worry is the fruit of pride.
- B. Worry is me saying, "If I roll this over and over in my mind long enough, I can figure out something to do."
- C. We get worry and responsibility mixed up.
 - 1. Do your responsibility.
 - 2. Cast your care.

3. Many people keep the care and ignore their responsibility.
- D. **Ephesians 6:12-13** – Having done all the crisis demands, stand firmly in your place.
1. The biblical actions a crisis demands are the following:
 - a. Pray
 - b. Keep a good confession.
 - c. Stay positive and don't start complaining.
 - d. Don't get discouraged or depressed.
 - e. Don't get resentful of others who do not have problems.
 - f. Keep your commitments if at all possible.
 - g. Voice your trust of God.
 2. **Psalm 91:2** – *I will **say** of the Lord, He is my Refuge and my Fortress, my God; on Him I lean and rely, and in Him I [confidently] trust!*
- E. Remember, **Ephesians 6:12** states that WE WAR NOT WITH FLESH AND BLOOD.
1. **II Corinthians 10:4** – The weapons of our warfare are not carnal.
 2. Worry is definitely carnal.
- F. **Psalm 37:1, 5, 7-9** – We may have to wait awhile; but in the end, God will come through for us.
1. **Psalm 39:6** – Surely for futility and emptiness he is in turmoil.
 2. **Romans 8:36-37** – We may look for a while like sheep being led to the slaughter, but we are actually MORE THAN CONQUERORS.

Why? Because we know how it will end.

God is faithful – He always comes through.

IV. Worry Robs Your Power.

- A. Worry robs the power you need to live today.
 - 1. Worry operates in the past or the future.
- B. **Matthew 6:25-34** – Take no thought for tomorrow; **each day** has sufficient troubles of its own.
- C. Worry is known to have the ability to give some people ulcers and/or other stomach disturbances.
 - 1. Worry can cause colon problems.
 - 2. Headaches
 - 3. Nervous tension
 - 4. Irritability
 - 5. Cancer has been connected to stress.
- D. Stress management is one of the fastest growing businesses in the world today.
 - 1. Worry is definitely stressful.
- E. Worry (defined) – To torment oneself with disturbing thoughts; to feel uneasy, anxious, or troubled. To torment with annoyances, cares, and anxieties. To seize by the throat with the teeth and shake or mangle.
 - 1. It definitely mangles our peace.
 - 2. **How many of you have something better to do than torment yourself?**

V. Not Knowing What The Future Holds Can Cause Worry.

- A. **Psalm 32:8-11** – We can rejoice, knowing that He will guide us.
 - 1. **Guidance comes one step at a time.** When we have a guide, we trust ourselves to them without worrying about how to get where we are going.
- B. **Psalm 48:14** – He promises to be our guide even unto death.
- C. **Psalm 25:1-9** (KJV) – The meek will He guide in judgment.
 - 1. Unto Thee, O Lord, do I bring my life.
 - 2. Bring your life to Him and stop worrying.
- D. **John 16:13** – The Holy Spirit was sent to guide us into all Truth.
- E. **Isaiah 58:11** – God promises to guide the obedient continually.
 - 1. Some have no guidance from God because they are out of His will.
- F. **Isaiah 42:16** – *And I will bring the blind by a way that they know not; I will lead them in paths that they have not known . . .*
 - 1. **When you look into the future, if you don't see the way, trust Him – He has promised to lead you.**

VI. The Disadvantages Of Worry

- A. **Philippians 4:6** – Worry nullifies prayer.
 - 1. The very act of prayer must say, “God, I trust You.” If it does not, then it is not true prayer.
 - 2. The act of worry definitely says, “God, I am not sure You will come through; therefore, I am going to figure out a back-up plan.”

B. Worry chokes the Word.

1. **Matthew 13:7, 22** – Thorns are cares that choke the Word, and it becomes unfruitful. Even though you heard it, it does you no good.

C. Worry ruins the peace in your home.

1. **Luke 10:40** – Martha was cumbered about with much serving.
2. **Cumbered** (defined) – Overloaded; to retard; to obstruct.
3. **Retard** (defined) – To cause to slow the process, delay, or hinder progress or advancement.

Worry slows or hinders our progress; it delays our manifestation.

D. Worry can cause us to miss important things we should be aware of.

1. **Luke 21:34** – Don't let the day of Christ come upon you unawares through being filled with the cares of this life.
2. A person who is a “**champion worrier**” can actually miss much of the joy of seeing their children grow up. They can miss the beauty of life because they always have the problems of life on their mind.

E. **I Corinthians 7:32a:**

MY DESIRE IS TO HAVE YOU FREE FROM ALL ANXIETY AND DISTRESSING CARE.

PERSONAL NOTES

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