

Overcoming Worry
Sunday April 7, 2024
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Fear is faith in reverse. Faith attracts good things; fear attracts the negative. Faith attracts the desires of your heart. Fear attracts what you do not want. Worry is the gateway to fear.

For the thing I greatly feared has come upon me, And what I dreaded has happened to me. I am not at ease, nor am I quiet; I have no rest, for trouble comes. **Job 3:25-26 NKJV**

I am afraid of all my sufferings; I know that You will not hold me innocent. If I am condemned, Why then do I labor in vain? **Job 9:28-29 NKJV**

Fear opens the door for what you are afraid of the come to pass. Elvis Presley believed and said he would die at age 42. He either had faith or fear for it.

Four Witnesses of not to worry.

(1) Jesus

Then He said to His disciples, “Therefore I say to you, **do not worry** about your life, what you will eat; nor about the body, what you will put on. **Luke 12:22 NKJV**

“Do Not!” Then it must be possible for us to rest in God and not worry.

Then He said to His disciples, “Therefore I say to you, **do not worry** about your life, what you will eat; nor about the body, what you will put on.” **Luke 12:22 NKJV**

Now when they bring you to the synagogues and magistrates and authorities, **do not worry** about how or what you should answer, or what you should say. For the Holy Spirit will teach you in that very hour what you ought to say. **Luke 12:11-12 NKJV**

And which of you by worrying can add one cubit to his stature?

Luke 12:25 NKJV

Therefore I say to you, **do not worry** about your life, what you will eat or what you will drink; nor about your body, what you will put on. Is not life more than food and the body more than clothing? Look at the birds of the air, for they neither sow nor reap nor gather into barns; yet your heavenly Father feeds them. Are you not of more value than they? Which of you by worrying can add one cubit to his stature? **Matthew 6:25-27 NKJV**

(2) Paul

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. **Philippians 4:6-7 NKJV**

Never stop praying. Be thankful in all circumstances, for this is God's will for you who belong to Christ Jesus. **1 Thessalonians 5:17-18 NLT**

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. **Philippians 4:8 NKJV**

When you try to figure out by worrying, we block the real answer that comes from our spirit which is communion with God.

(3) Peter

Casting the whole of your care [**all your anxieties, all your worries, all your concerns, once and for all**] on Him, for He cares for you affectionately and cares about you watchfully. **1 Peter 5:7 AMPC**

Peter understood the casting. He threw nets out of the boat every day. Those nets were heavy, but they couldn't do their job until they were cast out of the boat into the water.

(4) David

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). **[Psalm 55:22 AMPC]**

Provision for what you need comes from the Lord, but it comes when you open the gateway of faith, not the gateway of fear and worry.

Commit your way to the Lord [roll and repose each care of your load on Him]; trust (lean on, rely on, and be confident) also in Him and He will bring it to pass. **Psalm 37:5 AMPC**